

Military Police train to preserve crime scenes

See Page A3



Young golfers swing away

See Page B1



Making a marathon look easy

Sports & Leisure, B1



NORTHWEST GUARDIAN



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Scaparrotti new IJC commander

I Corps leader assumes command during ceremony at IJC's Kabul International Airport headquarters

ISAF Joint Command Public Affairs

KABUL, Afghanistan — Lieutenant General Mike Scaparrotti assumed command of the International Security Assistance Force Joint Command from Lt. Gen. David Rodriguez Monday.

General David H. Petraeus, ISAF commander, presided over the change of command at IJC's Kabul International Airport headquarters.

Petraeus highlighted coalition and Afghan progress under Rodriguez's command and offered words of advice to the new commander.

"Gen. Rod is, in many respects, the operational architect of the campaign plan that has guided the progress of the past year," Petraeus said. "After overseeing the building of the IJC headquarters, he has spent as much time in the field as in his office overseeing, together with various Afghan partners, the execution of the operational campaign plan he helped design. Gen. Rod understands the lives of the Afghan people, and he has made it his personal mission to help serve and protect them."

See **COMMANDER**, Page A2



Staff Sgt. Brandon Pomrenke

New ISAF commander Lt. Gen. Mike Scaparrotti passes the IJC colors to Command Sgt. Maj. John Troxell during the change of command Monday in Kabul.

I Corps troops begin mission in Afghanistan

By Sgt. Lindsey Kibler
I Corps Public Affairs

KABUL, AFGHANISTAN — About 100 I Corps Soldiers gathered in a dimly lit hangar at North Kabul International Airport, Afghanistan, to watch as the I Corps colors were uncased during a ceremony July 7.

The I Corps commanding general, Lt. Gen. Mike Scaparrotti, and I Corps Command Sgt. Maj. John Troxell, were on hand on a sand-blown evening to uncased the colors.

See **I CORPS**, Page A2

446th AW Airmen welcome new leader

Bowers takes command of wing during weekend

446th Airlift Wing Public Affairs

Along with continuous training, the 446th Airlift Wing saw a lot of changes last weekend at McChord Field, Joint Base Lewis-McChord, during the wing's busy July Reserve weekend.

An assumption of command ceremony Saturday welcomed Col. Bruce Bowers as the new wing commander. Fourth Air Force commander, Brig. Gen. Mark Kyle, arrived from March Air Force Base, Calif., to preside over the event attended by Reservists, active-duty members of the Air Force, Army and leaders from the local community.

Almost four years after taking command of the 446th Airlift Wing in Sept. 2007, Col. William Flanigan relinquished the wing flag to Bowers. Though the ceremony took place Saturday, Bowers has been at McChord Field since mid June, having previously served as the deputy director of Air Space and Information Operations, Air Force Reserve Command at Robins Air Force Base, Ga.

See **MCCHORD**, Page A2

MEDAL OF HONOR CEREMONY

Ranger's heroic actions honored

Sgt. 1st Class Leroy Arthur Petry receives award during White House ceremony



Spc. David M. Sharp

President Barack Obama awards the Medal of Honor to Sgt. 1st Class Leroy Arthur Petry, 2nd Battalion, 75th Ranger Regiment, for his valor in Afghanistan at the White House, Washington D.C., Tuesday.

By Marisa Petrich
Northwest Guardian

President Barack Obama presented Sgt. 1st Class Leroy A. Petry with the Medal of Honor in a ceremony at the White House on Tuesday.

It was only the second time since the Vietnam War that the medal has been awarded to a living recipient.

Petry, who is assigned to the 2nd Battalion, 75th Ranger Regiment at Joint Base Lewis-McChord, took extraordinary actions to save the lives of his squadmates in Afghanistan in 2008. The action cost him his right hand, but earned him the nation's highest military honor.

See **MEDAL OF HONOR**, Page A16



Friends of Sgt. 1st Class Leroy Arthur Petry inspect the Medal of Honor he received at the White House in Washington, D.C..

D. Myles Cullen

MORE INSIDE

- Missing hand only change in Medal of Honor winner, friends say. **A16**
- What can we learn from U.S. Medal of Honor recipients? **Street Talk, A4**

WHAT'S ONLINE

- Prosthetic helping Petry resume life.
- Family support key to Petry's recovery.
- Photo gallery. **nwguardian.com**

THIS WEEK in the Northwest Guardian



Swimming lessons
McChord pool lets children cool off while learning to swim. **Page B1**

Care for the troops
Chief master sergeant advocates for Army, Air Force enlisted. **Page A3**

ON THE WEB

For the latest on JBLM service-members, visit our website at **nwguardian.com**

Crime Corner

Courtesy of the JBLM Provost Marshal

July 4: As a private from the 2nd Brigade, 2nd Infantry Division attempted to enter the installation, the gate guards detected the odor of an alcoholic beverage emitting from his person. The Soldier voluntarily performed a Standardized Field Sobriety Test and showed signs of impairment. The Soldier submitted to a blood alcohol content test. He was charged with driving under the influence as well as possession of alcohol by a minor.

July 6: A private from the 4th Brigade, 2nd Infantry Division was apprehended by Lakewood Police Department for reckless driving when he was caught traveling in excess of 50 mph in a posted 25 mph speed zone. The Soldier was also driving without headlights at night.

July 8: A sergeant from the 4th Brigade, 2nd Infantry Division was cited for driving with his license suspended at East Gate. The sergeant was driving a government vehicle and used a driver's license to enter the installation. He was issued one district court violation notice and given a Post Revocation Driving Letter.

July 8: Two Soldiers from the 3rd and 2nd brigades, 2nd Infantry Division, admitted to smoking spice after a smoking device was found in their vehicle during a random portal inspection. This is an Article 92 violation for failure to obey a general order.

July 8: A Soldier from the 160th Special Operations Aviation Regiment was cited for negligent driving in the 2nd degree when she was observed travelling 88 mph in a posted 45 mph speed zone on 8th Avenue S. The Soldier was passing multiple vehicles and speeding while troops and wildlife were in the area.



Sexual assault prevention program begins

By Kerstin Lopez
Fort Carson Mountaineer

FORT CARSON, Colo. — The Army is taking a stand against sexual harassment and assault with the implementation of a new program.

The Sexual Harassment/Assault Response and Prevention program is a comprehensive integration and transformation of the Army's Sexual Assault Prevention and Response Program and Prevention of Sexual Harassment efforts. The SHARP program reinforces the Army's commitment to eliminating incidents of sexual harassment and sexual assault through awareness and prevention, training, victim advocacy, reporting and accountability, said Master Sgt. Cory Wilson, SHARP NCO-in-charge.

To enhance military readiness, productivity and unit cohesion and to stop sexual harassment and assault, the Army aims to achieve cultural change.

"The Army is moving to a culture of prevention instead of reacting. The U.S. Army's new policy now is to prevent, and that's why they have the SHARP program," Wilson said.

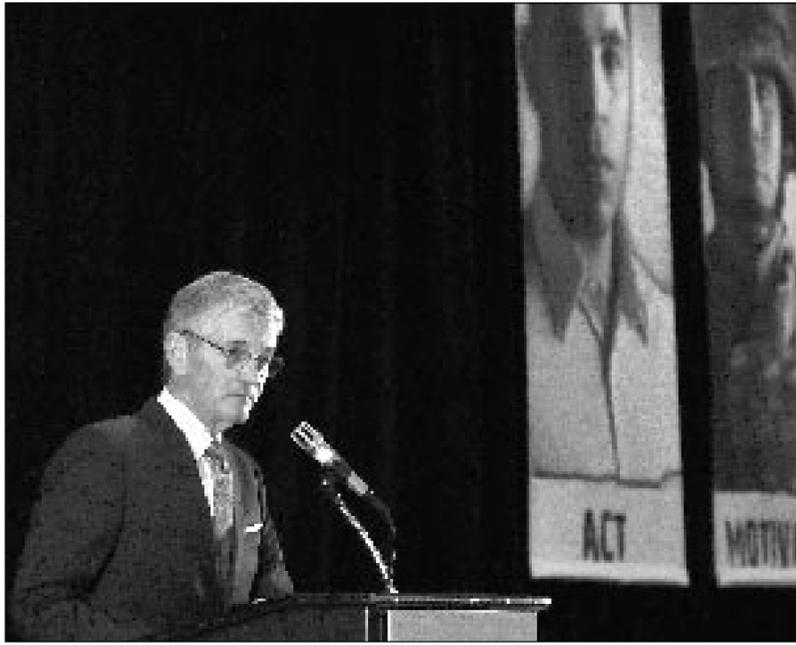
The program will be fully implemented by July 2012, but the installation will begin to see the shift from SAPR to SHARP as early as March.

"Right now we have a transition team, which is setting up the program within ... Fort Carson community," Wilson said. "The program is in its infancy and right now we fall under (Equal Opportunity) — the breakaway comes around the March time frame."

Harassment is thought to be a precursor to sexual assault and by addressing the issue, the hope is to eliminate both offenses from the military.

Lieutenant Colonel Cyndi Shue, interim EO and SHARP program manager, said the program is moving in the right direction by including sexual harassment.

"With the implementation of



Staff Sgt. Matthew Clifton

SHARP, EO's will be able to better assist leaders to focus on maximizing Soldier potential and ensure fair treatment for all based solely on merit, fitness and capability," Shue said. "Tightening resources fosters competition for control."

"Taken a step too far, the need for control may evolve into sexual harassment, a form of sex discrimination. SHARP will target awareness and prevention of harassment behaviors, while facilitating the care and recovery of those affected by assault," Shue said.

During the annual SHARP summit in March, Army Secretary John McHugh said the conference was an effective venue to reinforce SHARP training and share prevention strategies, messages and ideas. He emphasized that the Army is on the right track with the new program and will continue to combat the issues of sexual harassment and assault in military ranks.

"The fact that this sexual assault still occurs in our ranks is heartbreaking, and it's antithetical to everything we value in this institution. And at the risk of stating the obvious, it is simply unacceptable," McHugh said.

"Three years ago, this Army — all of you — recognized this problem for what it was," McHugh said. "And that recognition led to the development of programs and initiatives to tackle the issue head on. All of you committed yourselves; you committed yourselves to helping this Army become a national leader in the awareness of what is, in large measure, an under reported crime, but also in the prevention of that crime."

"And I think it's fair to say as well that each aspect to the SHARP program has in its own way helped stunt the growth of this scourge within our ranks," he said. And we've spent almost \$54 million on

Secretary of the Army John McHugh kicked off the SHARP summit in March by talking about the critical challenge facing the U.S. Army.

the 'I. A.M. Strong' Campaign, and we did it to educate Soldiers, to prevent the acts from ever happening, and this specialized advocacy in Armywide Soldier awareness training has given us the ability to recognize and better prevent the problem from the ground up."

Wilson said the SHARP program is important because it demonstrates that the Army is taking the forefront, like it does with many things.

"Bottom line is there is no place for sexual assault or harassment in the Army," Wilson said. "I really believe in this program and support it 110 percent. I think it's going to have good results."

The kickoff program launch will be today, from 9 to 11 a.m. at Fort Carson for all SHARP personnel. Upcoming SHARP training classes will be held in August and October, followed by two more classes in January and February.



Staff Sgt. Brandon Pomrenke

Gen. David Petraeus, commander of NATO's ISAF and U.S. Forces - Afghanistan, walks with Lt. Gen. David Rodriguez, outgoing IJC commander, right, and Lt. Gen. Mike Scaparrotti, who took command of IJC Saturday in Kabul.

Commander

Continued from Page A1

Rodriguez was named the first IJC commander in October 2009 and previously served as the military assistant to former Secretary of Defense Robert Gates. From January 2007 to April 2008 Rodriguez was the commander of Regional Command-East. After two years in command, Rodriguez has been nominated to receive his fourth star

and take command of U.S. Army Forces Command.

"To my Afghan partners you are the backbone of the progress we have made here in Afghanistan," Rodriguez said. "The people of Afghanistan continue to grow confidence in the Afghan national security forces and every day, as leaders, you make tough decisions in the best interest of the people of Afghanistan."

Rodriguez then turned his comments to his successor, offering

high praise for the future IJC commander.

"Lieutenant General Scaparrotti is a superb leader and a proven counterinsurgent," he said. "He has first-hand knowledge of Afghanistan's complexities, having led the fight in Regional Command-East. There is no better man to lead the operational fight."

Scaparrotti comes to IJC from Joint Base Lewis-McChord as the commander of I Corps, a heavily-decorated unit responsible for pushing

invading forces out of Europe in World War I. The general has served in Iraq and this is his second tour in Afghanistan.

"I'm humbled to be the new IJC commander and honored to be a part of the team with our Afghan counterparts," Scaparrotti said. "IJC is where the future will be shaped through our partnered approach to fighting terrorism in Afghanistan. The work we do will have an impact for years to come."

I Corps

Continued from Page A1

The ceremony signified the start of I Corps' 12-month deployment as the International Security Assistance Force Joint Command Headquarters element.

Scaparrotti and Troxell will be filling the roles of IJC commander and command sergeant major, in addition to their positions as I Corps commander and command sergeant major.

The uncasing of the colors represents the presence of I Corps in the ongoing efforts in Afghanistan.

"It is a significant event to bring a corps into combat," Scaparrotti said. "The uncasing of the colors represents all the men (and women who) have served in that unit, and (their) history is in those colors."

The I Corps colors have been in every major combat zone, with the exception of the Vietnam War, and remains the most decorated corps in the U.S. Army.

"We're here, the corps is established and we are prepared to assume duties as the ISAF Joint Command Headquarters," he said. "We're ready to execute our mission successfully, much like in Iraq."

I Corps returned from Iraq in the spring of 2010 after a yearlong deployment as the Multi-National Corps-Iraq headquarters. However, Troxell said the mission in Afghanistan will be different.

"This is a NATO headquarters, comprised of 48 other countries, whereas in Iraq it was almost an all-American force," he said. "There is a lot of diversity here, and we are here to bring synergy within the countries."

Most importantly, the IJC Headquarters will work with subordinate regional commands to assist the population of Afghanistan, Troxell said.

"Our colors are here, and show that you are here to protect our country and our way of life, and to help the people of Afghanistan," Scaparrotti told his Soldiers. "When we go home we will add another streamer, and you will forever be attached (to it). Be proud of that."

I Corps' Special Troops Battalion also uncased its colors during the ceremony.

In the upcoming weeks, approximately 400 more I Corps Soldiers will be arriving in Afghanistan.

McChord

Continued from Page A1

Flanigan will serve as the Crisis Action Team director at Robins Air Force Base.

"Working here didn't feel like work," Flanigan said. "In fact, it was more fun than anything. I really loved being here."

With the ceremony, Bowers officially assumed the responsibility for organizing, training, equipping and maintaining the readiness of the wing with nearly 2,100 people and Reservists capable of deploying anywhere in the world, 365 days a year for combat, training and humanitarian efforts.

"(My wife) and I are thrilled beyond words for this assignment," Bowers said. "It is truly a dream come true. I look forward to working with the Airmen, Soldiers and civilians of the 446th and 62nd Airlift wings and Joint Base Lewis-McChord. The mission assigned to these great Americans is vital to this nation and to our way of life. I am truly honored."

Bowers entered the Air Force in 1981 and was commissioned through Officer Training School, Lackland Air Force Base, Texas. A senior command pilot, he has more than 9,000 hours flying military aircraft, including the C-17.

Among other highlights of the Reserve weekend were an

All Call led by Kyle, who talked with Citizens Airmen about command priorities and fielded questions about force development and supplying the fight.

Two other leadership transitions took place Sunday, with Lt. Col. James Dignan assuming command of 446th Operations Group and Col. Karen Winter retiring and relinquishing command of 446th Aeromedical Staging Squadron to Lt. Col. Rob Richardson.

At right: Col. Bruce A. Bowers Jr., right, assumes command from the presiding officer Brig. Gen. Mark A. Kyle during the 446th Airlift Wing assumption of command ceremony.



Max R. Ellison/EMWIS/JBLM

Army releases modernization plan

By Brian Gebhart
Army News Service

WASHINGTON — The Army released its Modernization Plan 2012 last week, an in-depth explanation of how next year's budget request aims to move the Army toward achieving its objectives to equip the force in the 21st century.

The goal of the Strategy to Equip the Army in the 21st Century is to develop and provide an affordable and versatile mix of the best equipment available to Soldiers and units to succeed in current and future military operations.

Modernization Plan 2012 lays out the Army's fiscal year 2012 priorities and programs to help achieve the strategic goal. The plan also provides an overview of the overall strategy, including steps to adapt institutional processes to get the best value and right equipment for Soldiers.

"As you look forward to the strategic environment we think we are going to see in the first half of the 21st Century, it's characterized by four things: persistent conflict, an uncertain operational environment, decreasing access to resources, and increased cost of labor and material," said the Army's Director for Joint and Futures within the Department

of the Army Deputy Chief of Staff, G8, Brig. Gen. Edward P. Donnelly.

"You need to set priorities for the characteristics of the force that's going to operate in that environment," Donnelly said, "and then you need to develop, approve, and resource requirements for the equipment that a force with those characteristics needs to be successful in that environment."

The plan describes three main priorities, which are all interrelated. They are 1) network the force, 2) protect and 3) empower Soldiers and deter and defeat hybrid threats. Donnelly said that networking the force allows the exchange of information all the way from the garrison to the forward edge to the individual Soldiers.

"I think in the case of protect and empower Soldiers, it's a recognition that the American Soldier is really the dominant force on the battlefield for the operational environment today and in the foreseeable future," Donnelly said. "What we want to do is take the greatest advantage we can of that individual. Protecting them and empowering them through the means of the network."

The third priority, deter and defeat hybrid threats, is also essential to the modernization plan because these threats are a characteristic of those

Seven systems at a glance

The seven systems critical to the Army's operational success:

- Joint Tactical Radio System, which will provide simultaneous data, video and voice communications to dismounted troops, aircraft and watercraft. JTRS components include a Wideband Data Radio (Ground Mobile Radio), a Handheld Manpack Small and Rifleman Radio.
- Warfighter Information Network-Tactical, which will provide the broadband backbone communications necessary for operational forces. WIN-T extends an IP-based satellite and line-of-sight communications network through the tactical force, supporting telephone, data and video.
- Ground Combat Vehicle, the Army's replacement program for the Infantry Fighting Vehicle in Heavy Brigade Combat Teams and the centerpiece of the Army's overall Combat Vehicle Modernization Strategy.
- Distributed Common Ground System-Army, which provide integrated intelligence, surveillance and reconnaissance data to airborne and ground sensor platforms and is the Army's component of the Department of Defense Distributed Common Ground/Surface System family of systems.
- Joint Battle Command-Platforms, which enable a widely dispersed command and control capability across all formations and the entire spectrum of joint military operations.
- Paladin Integrated Management, which funds readily-available low-risk, upgrades that enhance the responsiveness, force protection, survivability and operational readiness of the self-propelled howitzer fleet.
- Kiowa Warrior, an OH-58 model upgrade which converts D models to F models with enhanced cockpit sensor upgrades.

uncertain operational environments, he said.

"Asymmetry is a characteristic of both the present and the future battlefield because we are facing enemies who are not able to com-

pete with us symmetrically," Donnelly said. "They are going to come at us differently."

Hybrid threats, he said, are when the enemy takes a capability that has a generally well-understood

usage and generally well-understood effect, such as a cell phone, and uses it in a different manner so that it achieves a different effect than the one that is understood.

Along with the three priorities, the modernization plan also highlights seven systems which are identified as critical to the Army's success in operations — current and future. (See box at left).

"The equipment that we're asking for is a blend of versatility and affordability," Donnelly said. "It meets requirements of the FY-12 budget while maintaining balance between current and future needs," he said.

The plan reflects the designed budget against the roles, missions and tasks that the Army could possibly face in the current strategy while keeping future operations in mind.

"If there's a change in the strategy that recasts the role of the Army," Donnelly said, "then we might need more or we might need less. But the key is ensuring that our strategy to equip the Army is both nested within the security strategies and concepts; and balanced in terms of capabilities and resources."

A link to the plan can be found at the top of the Army's G-8 website at <https://www.g8.army.mil/>.

MPs study crime scene preservation

By Sgt. Luisito Brooks
4th Bde., 2nd Inf. Div. Public Affairs

A splatter of blood, a piece of hair or a fingerprint can give forensic experts enough information to put a criminal away for good.

With that in mind, the military police platoon assigned to Headquarters and Headquarters Company, 4th Brigade, 2nd Infantry Division, received the latest crime scene training during a forensic material collection and exploitation course June 20 to July 1 at an urban training area on Joint Base Lewis-McChord.

"As MPs, we really pride ourselves on evidence gathering," said Sgt. Martin Contreras, a team leader assigned to the MP platoon. "By doing our job, we can find the evidence needed to arrest criminals and terrorists."

Providing this training for his Soldiers was a high priority for 2nd Lt. Tate Langley, the MP platoon leader.

"Our main function and focus (in this training) is to simulate a realistic environment where my guys can learn to gather crucial evidence," he said. "We are building their confidence to get the evidence that could help prosecute and convict criminals."

He said forensics can link weapons and items used in a crime to the perpetrator, strengthening the prosecution.

In the initial phase of the course, the Soldiers learned evidence-gathering fundamentals in a classroom environment.

"It is important to get these basic skills down in the classroom," said Spc. Michael Miulli, an MP assigned to the unit. "In there, we can take our time and ask questions."

That readied the Soldiers for the next phase of the course, in which they applied those lessons to more dynamic, real-world situations.

The students moved to a simulated urban environment, complete with Middle Eastern music playing from rooftops. Their training mission called for them to find a missing Soldier, using clues gathered during the course.

Not only did each scenario



Sgt. Luisito Brooks

Spc. Austin Kidd dusts for fingerprints at a simulated crime scene during a recent forensic material collection and exploitation course on JBLM.

require them to apply individual collection techniques, but also to work as teams to accomplish the mission.

"It is important that we learn everyone's job out there," Contreras said. "We have to be able to step in and perform every aspect of evidence gathering."

The hardest part of the exercise, he said, wasn't cross-training on different jobs, but performing them all within a limited time.

"It was a rush trying to secure the area, take pictures, gather the evidence, and clear out of there within the time they gave us," Contreras said. "I was sweating bad, trying to beat the time."

The training was intense, but it

was also grounded in the real-world experience of the instructors.

Frederick King, a senior law enforcement analyst for the U.S. Army Military Police School at Fort Leonard Wood, Mo., has trained hundreds of servicemembers, sharing with them lessons from his more than 20 years of investigative experience.

"This training is very in-depth," he said. "We specialize in these scenario-based training lanes that Soldiers are utilizing right now in Iraq and in Afghanistan."

The techniques taught in the course have been tested in combat zones and have proven their worth.

"The quicker they can identify the

situation, secure the area and process the evidence in a battlefield environment, the faster the legal system can work on getting the enemy convicted," King said. "Our evidence gathering helps in the judicial process."

The instructors sometimes brought the shocking realism of a combat zone to the training.

"It was a like a crazy scene in a horror movie," said Miulli, recalling one particularly bloody training lane. "We cleared the first floor of the building and then went downstairs to find a room with blood, body parts and cutting tools."

He said there could be times his Soldiers find themselves in such

situations.

After completing each lane, instructors conducted after-action reviews to identify ways to improve.

"These Soldiers came to this training ready to go," King said. "I was happy with how they did."

Langley said the exercise's focus on key individual and group tasks and how these forensic skills contribute to the platoon's collective readiness.

"My guys will have a firm understanding of the situations they can encounter and how to process them," Langley said. "They are learning the basics of battlefield forensics, which is very important as we are training for full spectrum operations."

Chief master sergeant plays crucial role for both Army, Air Force enlisted

By Lorin T. Smith
Northwest Guardian

Dedra Lewis performs her duties with a calmness not typically associated with her rank of Air Force chief master sergeant. While other E-9s might raise the volume to assert themselves, her deliberate approach transmits an air of confidence.

As the Air Force senior enlisted adviser for the Joint Base Lewis-McChord Garrison, she plays an important role, albeit quietly, in advancing the causes of the joint base's Air Force and Army enlisted members.

Her voice might be soft, and her manner deliberate, but she's been fighting for the junior enlisted and NCOs on the base for six months.

Her primary job is to work with Command Sgt. Maj. Matthew Barnes, the garrison's senior enlisted member. She fills in for him when he travels for meetings, which occurs often. When she's not filling in, she supports Garrison Commander Col. Thomas Brittain and Deputy Commander Col. Kenny Weldon, in their efforts to continue leading the joint base.

"My biggest priority is that in being the premier joint base in



Ingrid Barrentine

Chief Master Sgt. Dedra Lewis is the Air Force senior enlisted adviser for the Joint Base Lewis-McChord Garrison.

the (Department of Defense), we need to tell our story about how it can work, how we can learn from each other, how we take care of our enlisted force, how we (as senior NCOs) can give back to our younger enlisted," Lewis said.

Since coming on board, she has helped the joint base make huge strides. Her proudest achievement was her role in the creation of the Better

Opportunities for Single Servicemembers, merging the Lewis and McChord junior enlisted support clubs.

And she enjoyed participating in the renewal signing of the joint base Family covenant and initial signing of the community covenant earlier this year.

"(The Garrison command team) has done so much since I've been here, and the (diversity) of our leadership

team is just a plus," Lewis said.

Colleagues recognize Lewis for her strategic planning abilities. Barnes said in an e-mail that their working relationship has been fantastic, emphasizing her dedication to the overall success of the joint base.

"Chief Lewis is able to see the big picture and understands from a strategic standpoint what we as the joint base command team needs to do to get to the next level," Barnes said.

Like any organization, there are always issues to be addressed. For Lewis, top-down communication from senior enlisted leaders to the enlisted population of JBLM needs to improve, and she has renewed her efforts in that regard.

Leadership should focus on keeping Airmen and Soldiers better informed, Lewis said, with an important emphasis on rumor control to minimize the proliferation of incorrect information.

She strives to be a positive change agent who spreads the message that the joint base is here to stay, and that everyone should get on board quickly.

"I want people to be more involved in making the change and helping improve things, rather than say 'I hate change,'" Lewis said. "We

have to be more innovative in making things better for the mission, for the services and building toward becoming better leaders."

Her background has uniquely prepared her for working in a joint base environment. Her last two assignments have been with joint commands; from 2008 to 2009, she was assigned to the U.S. Northern Command at Peterson Air Force Base, Colo., and from 2009 to 2010, she served at Pope Air Force Base, N.C., (now Pope Field), assisting Air Force and Army leaders in the base's absorption by Fort Bragg.

After experience working with all services, she prefers working with the Army the most.

"The Army didn't hesitate to ask us questions," she said.

Lewis has been in the Air Force for 27 years, and plans to retire at 30. At that point, she'll return to the Washington D.C. area to live with Family and friends.

She plans to take her service leader philosophy of taking care of subordinates into civilian life.

"Every day, it's about just taking care of the younger troops and representing our military in the community proudly," Lewis said.

Viewpoint

STREET TALK

What can we learn from U.S. Medal of Honor recipients?



Capt. Travis Lynch,
42nd MP Bde.

"Great Soldiers are everywhere. They're not just in the history books and they're of all ranks."



Chaplain (Capt.) Chang Kim,
1-37 FA



Lt. Col. Kathy Desmond,
WTB

"They are the epitome of leading by example."



Pfc. Anthuan Salazar,
542nd SMC

"Humility."



Spc. John Kearchner,
I Corps

Action Line: call 967-0093

The I Corps Action Line exists to provide you a channel to express your concerns and ideas directly to the commander.

Joint Base Lewis-McChord is a large, complex base. It is in everyone's interest to share information and solve problems efficiently and quickly. The Action Line is one way to successfully resolve difficulties.

Call the Action Line when you can't resolve a conflict or you have a question about how the command operates.

Comments on how to improve the installation or our community are also welcome. Successful organizations empower every member to sustain excellence.

Your issue will be worked by the I Corps commander and his staff.



LTG Mike Scaparrotti

446th AW welcomes Rodeo guests

By Col. R. Wyn Elder
62nd Airlift Wing commander

Rodeo is an invaluable competition that showcases the best of U.S. and international mobility forces and we're glad to have you here. This year we are expecting more than 150 teams and 3,000 people from the U.S. Air Force, Air Force Reserve, Air National Guard, as well as 35 allied nations, to participate.

Rodeo is more than a chance

to compete with the best of the best from around the globe; it helps foster international relationships and provides a forum to share tactics and techniques that in turn will improve our collective global mobility effectiveness.

Our international partners are essential to this success. Many of you will form lifelong partnerships and friendships at this year's Rodeo; some of you have formed those friendships

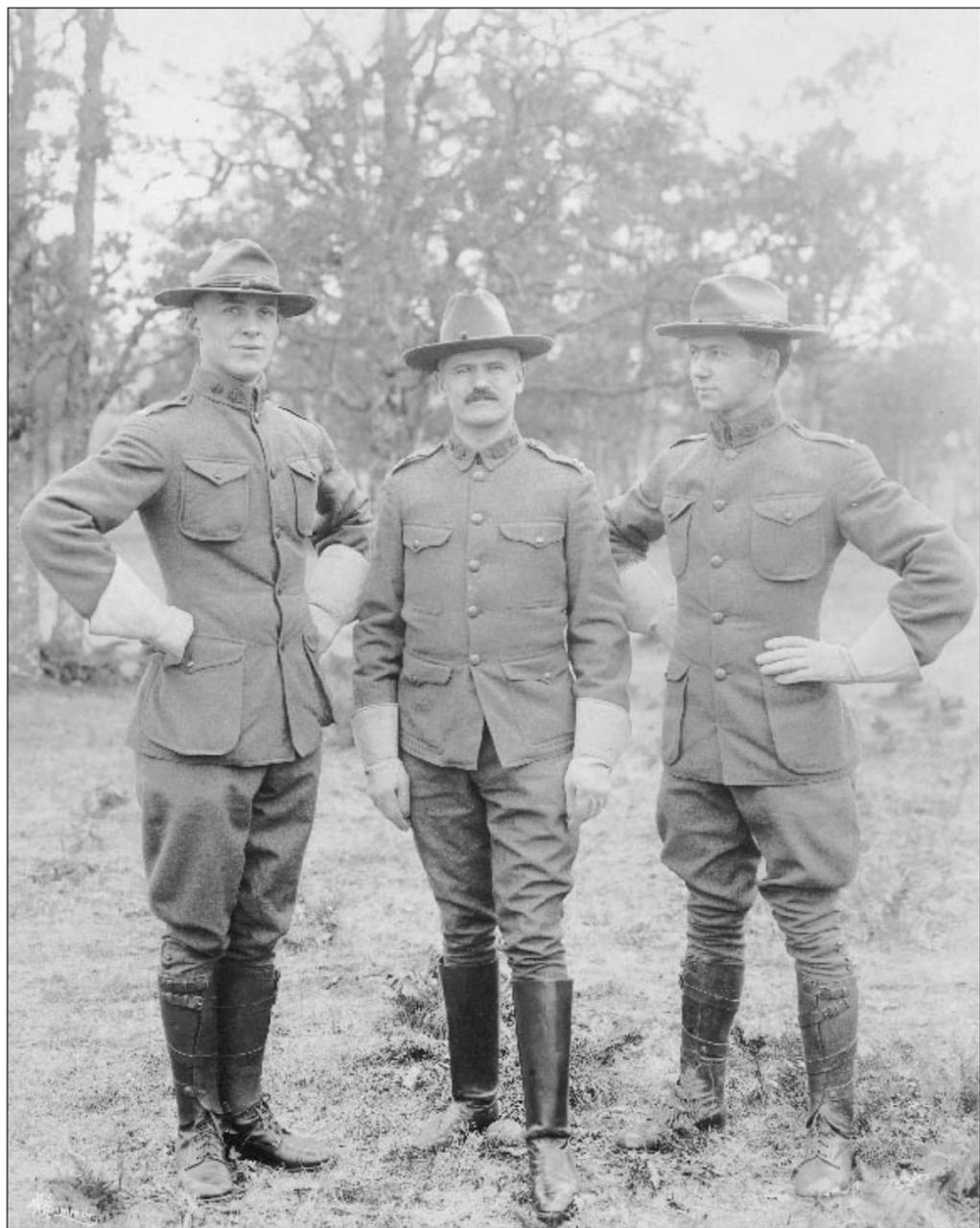
years ago. I encourage you all to continue to share and work together during the competitions, training, and symposium events.

This is the first year for the International Aeromedical Evacuation and En Route Care Conference and the International Airdrop Symposium. I can't say enough about the life saving capabilities of our aeromedical evacuation teams and know you will enjoy these as well as the other events and competitions.

The men and women of Joint Base Lewis-McChord have worked hard to prepare a world-class event for you. We're here to ensure you feel welcomed, comfortable and safe. There are hundreds of people dedicated to making this year's Rodeo an international success.

I encourage all our competitors and observers to strive for new levels of excellence and make this the best Rodeo ever. Good luck and let the games begin!

LOOKING BACK



JBLM Lewis Army Museum

Officers with A Company, Signal Corps pose for a portrait during maneuvers at American Lake in August 1910.

THIS WEEK IN HISTORY

JULY 15	JULY 16	JULY 17	JULY 18	JULY 19	JULY 20	JULY 21
1779: SKIRMISH AT MEXICO, MO. 600 LOCALS FOUGHT FOR UNION, 500 FOR SOUTH	1920: GEN. AMOS FRIES APPOINTED FIRST U.S. CHIEF OF CHEMICAL WARFARE	1861: CONFEDERATES DEFEATED AT MOORE'S MILLS NEAR FULTON, MO.	1863: 54TH MASS. DECIMATED AT FORT WAGNER, SC (INSPIRED MOVIE "GLORY")	1863: BATTLE OF BUFFINGTON'S ISLAND, OHIO	1881: SIOUX CHIEF SITTING BULL SURRENDERS TO FEDERAL TROOPS	1969: NEIL ARMSTRONG STEPS ON THE MOON AT 2:56:15 A.M. (GMT)

CHAPEL SERVICES

Catholic Masses

Saturday, 4 p.m. — Reconciliation, Lewis Main Chapel and MAMC Chapel
Saturday, 4:30 p.m. — MAMC Chapel
Saturday, 5 p.m. — Lewis Main Chapel
Sunday, 9 a.m. — MAMC Chapel
Sunday, 9 a.m. — Lewis North Chapel
Sunday, 10 a.m. — McChord Chapel No. 2
Sunday, 5 p.m. — McChord Chapel No. 2
Sunday, Noon — Lewis Main Chapel
Mon. Wed. Fri. 11:30 a.m. — McChord Chapel No. 2
Daily, 11:50 a.m. — Lewis Main and MAMC

Sunday, 10:45 a.m. — CCD (Confraternity of Christian Doctrine), Lewis Main Chapel

Protestant Sunday services

8 a.m. — Liturgical Service, Lewis Main Chapel
8:30 a.m. — McChord Chapel No. 1
10 a.m. — Four Chaplains Memorial Chapel
10 a.m. — Evergreen Chapel
10 a.m. — Lewis Main Chapel
10:30 a.m. — MAMC Chapel
11 a.m. — McChord Chapel Support Center

11 a.m. — Lewis North Chapel
6:30 p.m. — Contemporary Worship Service, Lewis North Chapel

Diverse Worship

Jewish — 1st, 3rd and 5th Fridays at 6 p.m., Chapel No. 5, Building T-2270; POC: Dr. Karen Fitzgerald, 968-2310 or karen.fitzgerald@us.army.mil
Latter Day Saints — POC: Chaplain (Maj.) Reck, 967-2162 or 801-376-1363
Wicca — Saturdays, 6 p.m., Annex Building T-6195, POC: Linnea LeBeau, 970-0115.

Tips to ease summertime moving blues

By Elaine Sanchez
American Forces Press Service

As our seasoned military Families are keenly aware, the end of the school year typically marks the start of a high-volume moving season.

Servicemembers commonly know the period between Memorial Day and Labor Day as "PCS season." Many Families aim to move during that stretch of time to avoid disrupting their kids during the school year.

On average, the military moves about 600,000 shipments a year, and more than a third of those moves take place over the summer. John Johnson, the chief of the personal property branch for the Army's Military Surface Deployment and Distribution Command, said recently.

With this summertime surge in mind, I asked Mr. Johnson for his top tips to ease the moving process for servicemembers and their Families. His tips included the following:

- Stay organized. Create a personal moving calendar with checklists, phone lists, to-do lists, and links to critical moving processes and information.

- Find out options early. Contact your transportation office as soon as possible to learn about your moving options, including a personally procured move, former known as a do-it-yourself move, or DITY.

- Don't hesitate to ask. It's never too early to ask questions, and your transportation office is your primary point of contact for customer service.

- Start early. Once you get your orders and know the dates you want to move, immediately start the moving process. The sooner you start, the better the chance you'll lock in the dates you want.

- Know your weight. Having a good estimated weight of your personal property and household goods is very important. An easy and dependable method for making this estimate is to figure about 1,000 pounds per room.

- Lock your move date in. Once you've selected your moving dates, don't assume they're set. Your moving dates are not confirmed until you coordinate with your carrier or transportation service provider.

For more moving tips or information on allowances and responsibilities, see the "It's Your Move" pamphlet for servicemembers or the "It's Your Move" pamphlet for Defense Department civilians. Or, visit the Move.mil website. For more information on planning summer moves, check out this Defense.gov article, "Planning is Key for Peak-season Moves."

Military OneSource also offers Families a host of online moving resources, including "Plan My Move," featuring a moving calendar, travel and arrival checklists, and "Military Installations," which provides information about new bases and the local communities.



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Soldiers hone their surveillance craft

By Spc. Hannah Frenchick
20th Public Affairs Detachment

YAKIMA TRAINING CENTER — Six Soldiers move up a sagebrush-covered hill — with the only sound the shuffling of their boots over the rocks and dirt. Once reaching the top of the hill, the point man hand signals a halt, and the five following him stop in their steps. The point man signals again and the six move from their wedge formation into a single file, staying low to the ground.

Soldiers of 2nd Detachment, C Company, 38th Long Range Surveillance, recently practiced reconnaissance drills, platoon movement and convoy movement at Yakima Training Center.

Long range surveillance units, the silent battlefield intelligence gatherers of the Army, aren't common. There are only three active LRS units. C-38th LRS Co. is assigned to 201st Battlefield Surveillance Brigade on Joint Base Lewis-McChord.

"There is a whole lineage stretching back all the way to Vietnam and it is an honor to be here," said Staff Sgt. Kenneth C. Rolle, team leader, C-38 LRS. "We do missions that aren't typical for your average infantryman."

The work the LRS performs isn't the same as an average infantryman, although each uses infantry skills learned in advanced individual training.

"A lot of these guys came from basic or AIT at Fort Benning, Ga., where they learned how to be an infantry Soldier," said Sgt. Christopher Brown, assistant team leader.



Spc. Hannah Frenchick

Soldiers of C-38 LRS, 201st BfSB, participate in platoon movement drills during a training event at Yakima Training Center, June 25. The Soldiers in the LRS company are infantrymen who use their basic infantry tactics along with reconnaissance and surveillance techniques.

"They take those tasks and we try to train them to be a long range surveillance Soldier. They now are using those same tactics and techniques and broadening their horizon of the entire job."

The training LRS Soldiers receive helps not only teams, but also other units that depend on the information they gather.

"(The training) is important for

my unit because this is what we do for a living; it's our bread and butter," said 1st Lt. Nicholas Garver, 2nd Detachment leader. "As a reconnaissance and surveillance company, we provide (battlefield) intelligence for commanders."

With the unit going through a transition phase, experienced junior enlisted Soldiers have stepped up to allow incoming lead-

ers time to find their footing. All LRS Soldiers, enlisted and officers, took advantage of the training and environment at Yakima.

"Right now we are (evaluating) what our teams are capable of doing," Garver said. "It's important for my guys to go ahead and understand the fundamentals and basics before we can start moving to more advanced operations."

The job of reconnaissance and surveillance is both physically and mentally demanding on a Soldier; YTC provided a realistic environment for full-spectrum operations.

"The job is physically taxing because you have to move long distances with a heavy load that supports you while on a mission," said Spc. Brendon E. Wellendorf, senior scout observer. "It's mentally taxing because you plan your own operation order. Everything you do is planned by you and your team. The ability to stay out of sight and to have the mental discipline not to move around during the day and be discovered is just as taxing as the physical stuff."

Besides being physically and mentally strong, a reconnaissance Soldier's senses must be keen.

"When teams conduct a short halt, they will do what is called SLLS, stop, look, listen, and smell," Brown said. "During the halt it is important that the team remains completely still and silent so they can use their senses when observing the area. When stopped, the team looks around the entire area ... for any immediate threats. They listen for any sounds. The last thing is smell. The team sees if they can smell anything like trash burning, fires or the smell of any food. That's the initial security the team pulls."

As the Soldiers on the hilltop get set to quietly observe the valleys below them, a two-man team heads down the hillside to check a ravine that the team can't clearly see. As the Soldiers get smaller, the M-249 squad automatic weapon gunner watches the area around them for

Soldiers work toward JFO certification

By Sgt. Luisito Brooks

4th Bde., 2nd Inf. Div. Public Affairs

In combat, it's the responsibility of the forward observer to direct artillery fire and close air support, but getting Soldiers certified to be able to do so is not always an easy task.

Twenty Soldiers assigned to the 4th Brigade, 2nd Infantry Division "Raiders," were given the opportunity to participate in a joint forward observer course last month, June 5 through 17, on Joint Base Lewis-McChord.

"It was really important that we get some of our guys certified," said Sgt. 1st Class Robert Lee, the brigade fires support NCOIC, who was responsible for the coordination of the training. "It took two months to plan this whole thing out, and it wasn't exactly easy."

The objective of the class was to train and certify Soldiers to provide timely and accurate targeting information to a qualified joint terminal attack controller for close air support, terminal attack controls and perform autonomous terminal guidance operations.

The course provided exercises on engaging targets with an AC-130 gunship, close combat attack, naval surface fires and indirect surface fires.

When requesting these deadly munitions, identifying the enemy

and communicating the precise details of their location is key, and the slightest mistake could very well mean life or death.

"It is important for the guys going to Afghanistan to be certified," said Staff Sgt. Jerame Burns, a forward observer NCO assigned to Headquarters and Headquarters Company, 1st Battalion, 38th Infantry Regiment. "We have to insure that our Soldiers are able to communicate information as accurately as possible."

Already certified, but there in support of his Soldier, Burns said that if someone is not very accurate when calling for fire, bombs can potentially fall on innocent bystanders and not the bad guys.

For Soldiers like Sgt. Alvaro Barrientos, a fire support NCO assigned to 2nd Battalion, 23rd Infantry Regiment, the chance to get certified was a great opportunity, but being able to have the training so close to home was an added bonus.

"When I heard that the training was going to be here, I was happy," he said. "This course is really hard and it makes it just a little better that I am so close to home."

He said the JFO course is normally held at Fort Sill, Okla., but occasionally the school sends mobile training teams to military installations to provide the same certification.



Sgt. Luisito Brooks

New Soldiers used this opportunity to gain insight and knowledge from the instructors and from experienced Soldiers who are already certified.

"I am very excited to be here in this class because, and I know I will learn a lot," said Pvt. James Pendleton, a fires support specialist, who has been in the Army less than a year. "I do know that the certification will make me a better Soldier."

He said this course is not the

end-all-be-all course when it comes to FO training.

"Every six months, there is a semiannual test that we need to take," he said. "We just take all of the techniques we learned and do it again."

The course mentally pushed Soldiers, and for some, the hardest portion of the course was the detailed testing on the simulators.

"I wasn't proud of how I did during the simulations, but I will

use what I learned to get better," said Sgt. Bryan Silver, an FO NCO assigned to the Raider Brigade, resolving to stay more focused next time.

The demanding course graduated only eight of the 20 Soldiers who signed up, but that was to be expected.

"We had eight guys graduate and that's fairly common for this course," Lee said. "This course is hard because our (job) requires us to make no mistakes."

Sgt. Alvaro Barrientos, a fires support NCO assigned to HHC, 2-23 Inf., 4th Stryker Bde., 2nd Inf. Div., acquires his target on a simulator during a Joint Forward Observer course at JBLM.

Poll: Military tops U.S. confidence rankings

By Donna Miles

American Forces Press Service

WASHINGTON — Americans continue to express high confidence in the armed forces, with more than three-quarters of those surveyed in a recent Gallup poll reporting higher confidence in the military than in other national institutions for the 14th consecutive year.

Seventy-eight percent of the 1,020 respondents in the poll, taken earlier this month and released last week, reported high esteem for the military.

Forty-seven percent said they have a “great deal” of confidence in the military, the highest rating,

and 31 percent reported “quite a lot” of confidence. That rating was 14 percent higher than for the second-ranking institution, small business, and 22 percent higher than for the third-ranking institution, the police.

Other organizations rankings, in descending order of high confidence, were: organized religion, 48 percent; the medical system, 39 percent; the U.S. Supreme Court, 37 percent; the presidency, 35 percent; the public schools, 34 percent; the criminal justice system, 28 percent; newspapers, 28 percent; television news, 27 percent; banks, 23 percent; organized labor, 21 percent; big business, 19 percent; and health

maintenance organizations, 19 percent. Congress received the lowest high-confidence ranking, at 12 percent.

The military has been the top-ranked national institution every year since 1998, and also from 1989 to 1996, Gallup officials reported.

Confidence levels in most of the institutions polled this year were below historical averages, with the notable exception of the military. The 78 percent military confidence ranking for 2011 was 11 points above the historical average.

Public confidence in the military tends to run high when the United States is actively engaged

in military operations, officials said, citing the all-time 85-percent high confidence ranking in early 1991 just after the first Persian Gulf War ended. Ratings have ranged between 69 percent and 82 percent over the last decade during U.S. military operations in Afghanistan and Iraq, officials reported.

Another Gallup poll, also conducted earlier this month and released June 21, demonstrated that Americans consider the ground forces most essential to national defense. Twenty-five percent of the 1,020 adults surveyed ranked the Army the most important service, up from 18 percent in 2001. The Marine Corps

ranked second this year, at 24 percent, up from 14 percent in 2001.

Seventeen percent of respondents called the Air Force the most important service branch to national defense, compared to 42 percent in 2001; 11 percent cited the Navy, compared to 15 percent in 2001; and 3 percent cited Coast Guard, which was not included in the 2001 survey.

Forty-six percent of the respondents named the Marine Corps the most prestigious branch of the armed forces. The Army ranked second, at 22 percent; followed by the Air Force, at 15 percent; the Navy, at 8 percent; and the Coast Guard, at 2 percent.

Babies, cancer give new meaning to life

By Laura M. Levering
Northwest Guardian

When David and Andrea McRae left Madigan Healthcare System just over a year ago, neither had any idea what to expect as new parents.

The Army majors — Andrea, a nurse assigned to the Warrior Transition Battalion, and David, an Army force generation execution officer with I Corps — had years of unsuccessful attempts to have a child when they turned to in vitro fertilization. Months later, their family was completed with not just a few, but four infants.

Andrea gave birth to three boys and one girl May 12, 2010, making them the first quadruplets delivered at Madigan in more than 12 years.

Born at just 29 and a half weeks gestation and each weighing less than three pounds, the McRaes were wary of challenges their babies could face as their little bodies developed. After spending about two months in the neonatal intensive care unit, doctors were confident enough to send Nathan, Peyton, Mason and Molly home. The last year has been one of trials and uncertainty, but not the kind the McRaes imagined with having four babies.

Andrea learned she had stage III colon cancer just days before the babies were released from the hospital. She recalled experiencing issues during pregnancy, but assumed the symptoms were merely side effects of having multiple

babies. When the doctor ran tests and delivered the results, Andrea and David were shocked.

“(The doctor) just walked in and said, ‘I have bad news. You have cancer,’ Andrea said. “The first thing that goes through my mind is, ‘Well, OK, what’s the prognosis?’”

Stage III cancer — the most severe without having spread to other organs — was not what Andrea expected to hear.

“It was so upsetting,” she said. “I thought, ‘I just had these babies, and now they’re throwing this at me.’”

Equally distressed, David knew he had to be strong for his wife and their newborns.

“I was just trying to reassure her it would be OK in the end, then it was a matter of coming up with a plan,” David said.

Andrea immediately began brainstorming an action plan that would result in the best care possible for their children, who weren’t even two months old yet. She said her surgeon reassured her with his confidence that her cancer would be cured.

“He talked to me the same day I got the news, and he was upbeat about everything, so that kind of eased my nerves a little bit,” Andrea said.

She has since had her colon removed and is now finishing up chemotherapy. With reconstructive surgery scheduled for next month followed by a final surgery, Andrea is looking forward to putting the ordeal behind her and moving on. Allowing her to do that is the sup-



Ingrid Barrentine

Majors Andrea and David McRae sit with their four children Nathan, left, Molly, Mason, and Peyton, 14 months, last month in their Spanaway home.

port she receives from her Family and the Army, both instrumental in her recovery.

Family members visiting from Florida have scheduled extended stays around Andrea’s surgery dates, and the Army transferred her from Madigan to the WTB so she could spend more time focusing on her health and the babies. She often misses working as a labor and delivery nurse, but understands the Army’s reasons for moving her.

“I wasn’t happy about it at first because I felt like they were trying to push me out, but now I’m over it because I know I’m better off,” Andrea said. “I can focus on my treatments, so it’s been really nice to be home with (the babies) and

not have to worry about that part.”

“With the chemo and everything taking its toll on her body, there are times it would be nearly impossible for her to work,” David said.

As for the quadruplets, they are healthy and each weighs about 20 pounds.

“They’re right on track as far as their non-adjusted age,” Andrea said. “They’re doing really well.”

Andrea spends most of her days at home with the children, and her sister-in-law helps out at night. The McRaes make it a point to go out as a family at least once a week — something David said has proven to be an easier task than they expected.

“You have to get out of the

house,” he said. “It may take a while to get there, but you have to do it. You can’t sit in the house all day.”

“It’s getting a little easier now that they’re older, but we haven’t gone on a long trip yet,” Andrea said.

One challenge the couple has overcome — most of the time — is telling the children apart. Molly is easy to distinguish as the only girl, but the boys are identical with only slight differences. Peyton has hemangioma on his arm, Mason has tiny marks on his nose, and Nathan has a small distinguishing mark on the back of his leg. Other than the marks, the McRaes have personality differences to go on.

“Nathan and Mason are more curious and adventurous,” David said, “where Peyton just kind of goes with the flow, and Molly just watches.”

Looking back on the last couple years, amidst obvious hardships, David and Andrea agreed their lives are full and they are where they’re meant to be.

“We’ve had to really change around our priorities, but through it all, we know things are going to work out in the end,” David said. “Sometimes you just have to hang in there.”

“People often say, ‘How do you do it?’” Andrea said. “We get up everyday, and we do what we have to do. These kids keep me going. I’m not deprived — I just go.”

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McChord library bookshelves full of good reads

By Lorin T. Smith
Northwest Guardian

The McChord Library wants to provide an alternative to those children looking to put away the books for the summer. The only McChord Field library offers readers of all ages more than 35,000 books packed into 12,000 square feet. With the Joint Base Lewis-McChord summer reading program having just kicked off, library staff are encouraging youths, teens and adults to get the reading “itch.”

The former Air Force library is one of four that makes up the Lewis-McChord contingent of the Army-wide General Library Information System.

Patrons needing a book not found in the military library system can submit an inter-library loan request from any public library in the country.

The military doesn’t discriminate in its book offerings, as political, religious, art and graphic materials are available for check out.

Mary Lengel finds that people are surprised when they learn military libraries have more than just military history books. McChord is just like any public library, she said.

“When people think about a military library, they aren’t thinking, ‘Oh, military library — they have cookbooks, they have art books, they have gardening books; they’re thinking guns, airplanes history,’” said Lengel, a library technician.

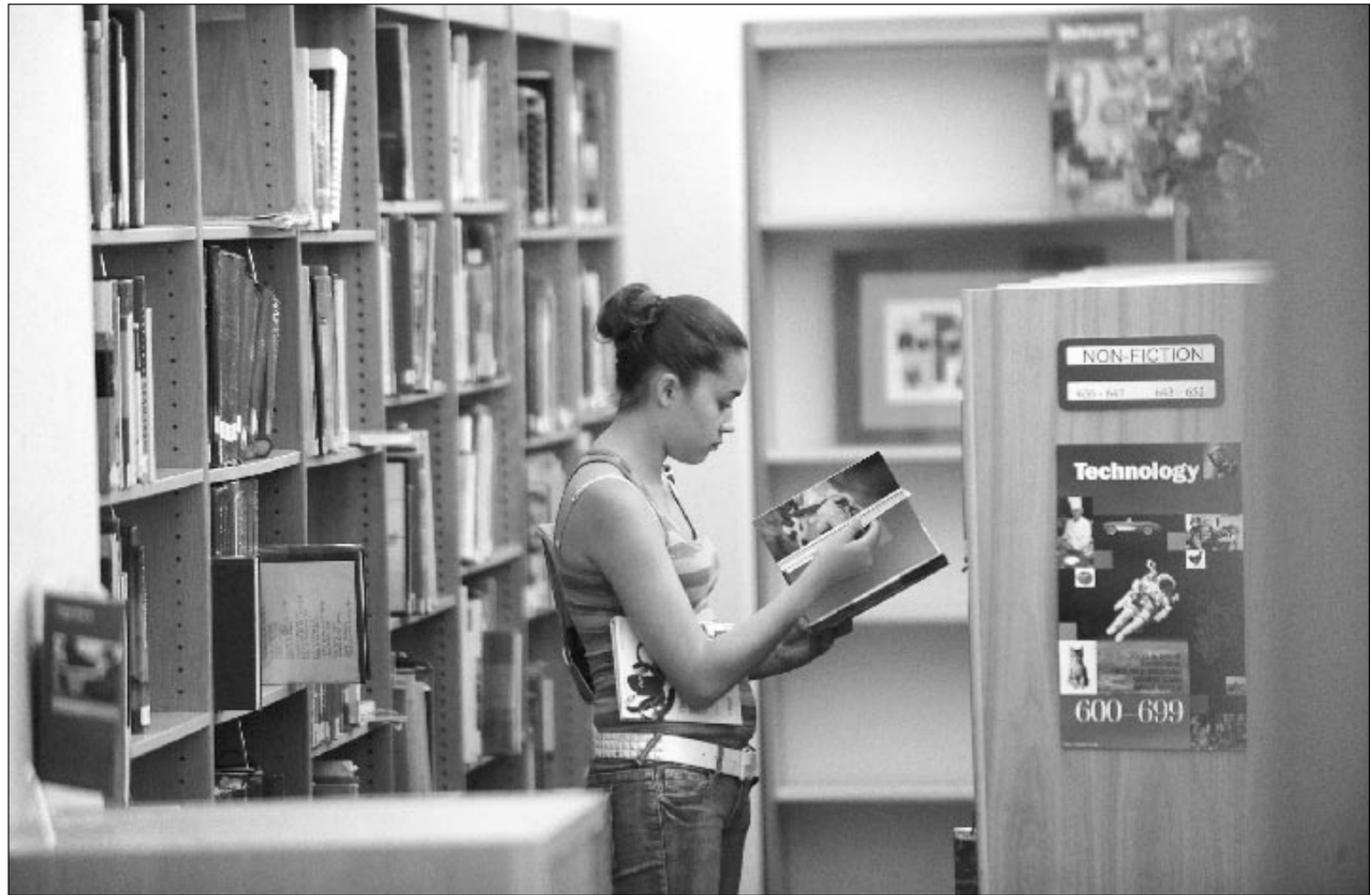
Most unique to the McChord Library is its large collection of university support materials like textbooks, test preparation books and a reference librarian.

The library has four contracts with universities teaching classes at the McChord Education Center, located in the same building.

The education connection is a holdover from its days as an Air Force-only library, where the universities had a library close by to house its collections, and Airmen and their Family members had a library for studying and to check out materials.

The Army has invested in many different research databases, from newspaper searching to arts and crafts and automobile repair. “The reference databases are all available to anyone with an account to the library,” said librarian Susan Baldwin.

Gone are the days of a library filled to the rooftops with books,



Ingrid Barrentine

Ivelis Gonzalez, an Air Force spouse, glances at a book while spending time with her son at the McChord Field library July 8.

magazines and newspapers.

As technology and people’s reading habits have changed, so have the libraries. Several computer terminals located in the front of the library offer free Internet and computer use to account holders, and free wi-fi is available to those with laptops.

In the back, nine gaming stations with access to Wii, Playstation 3 and Xbox 360 consoles, hooked up to large flat-screen televisions, are available to use.

It’s a great marketing tool, as both children and adults are pulled in by the game systems, and library staff can expose them to the books and various events once they are done playing, Lengel said. “Now that school is out, we are pretty busy with kids coming to play games. When school is in, we are busy with the grownups coming in to playing games.”

TO LEARN MORE

Servicemembers, their Family members, Department of Defense civilians and contractors can get library accounts and have access to the JBLM libraries. Movies and video games can be checked out for up to a week, and books for three weeks. There are no charges for overdue books.

Up to four free passes are available for checkout to go to the Tacoma Art Museum or Tacoma Children’s Museum.

The library offers free Internet, Wi-Fi, long-distance fax service and scanner. Copies are \$.10 a page.

The library is open Tuesday through Thursday, from 9 a.m. to 8 p.m., and Friday through Sunday, from 9 a.m. to 5 p.m., and is located in Building 851, on the ground floor. For more information, call the McChord Library at 982-3454.

Young kids and their parents will enjoy the enclosed children’s reading room placed directly in the middle of the library.

A giant model train runs on tracks

installed near the ceiling, passing Wild West-themed murals.

Lower to the ground are the books, arranged into four separate categories that allow parents and

kids to choose books that match the child’s appropriate reading level.

“We want kids to enjoy themselves as they come here and learn how to read,” Baldwin said.

The DOD-sponsored summer reading program is booming. The number of people attending the “Midsummer Knight’s Read” themed program events on Tuesdays has significantly grown since last year.

Youth events take place at 10 a.m., teens are at 3 p.m. and adults are in the evening. Parents can bring their children to Kid’s Story Time every Thursday, from 11 a.m. to 3 p.m.

Throughout each week, participants are expected to spend 15 minutes reading in some capacity. A huge party celebrating accomplishments is planned for August.

“We have the room, we have the books, so come on in,” Lengel said.

Library art show creative way to bring attention to summer reading program

By Lorin T. Smith
Northwest Guardian

Art enthusiasts with military IDs should head to the McChord Library on McChord Field to see local artists’ paintings, fabric designs, copper and brass work pieces and other handiworks on display at the library’s Art Show.

The library will show the work until Tuesday.

The staff created the idea as another way to draw in the Joint Base Lewis-McChord community to the library and bring attention to the Summer Reading Program, the Department of Defense’s campaign to get children, teens and adults reading during the summer — and potentially all year long. Servicemembers and their Family

members have tons of creativity, and what better way to show it than with an art show, said Mary Lengel, the art show coordinator.

Event staff is still accepting pieces for display.

Having an art show in the library draws diverse crowds, helping the library build a sense of community. The show reminds people that the library is more than just a place that houses books and computers, said librarian Susan Baldwin.

In the weeks leading up to the show, Lengel received great interest from prospective artists. One Airman dabbled in cake decorating, and wanted to bring in one of his designed delicacies. A mother had made a princess dress for her daughter, and wanted to know if she could present it for the show.

“Whatever your particular form of art, bring it in and show it off,” Lengel said.

Charles Minton brought his copper pieces to show that he still supports what the military does him for every day, even after he retired from the military. His favorite piece, “Fallen Warrior,” depicts a typical memorial for a fallen Soldier, with the rifle on its end, helmet placed on top and the boots in front. He has also constructed a six-foot copper and brass rendition of the Space Needle and Tacoma’s Union Station.

It’s a hobby for Minton, but also helps battle his post-traumatic stress disorder disability acquired from nearly 12 months in the jungles of Vietnam.

“(The piece) kind of reminds you of someone on the battlefield,

and (when) one of your comrades get killed, they die and you keep that with you,” Minton said. “That’s something that doesn’t dissipate from you, but stays with you.”

He has made several copies of the copper memorial in the hope that JBLM members or present them to Family units or keep them in unit headquarters. There is room on each to inscribe names of lost warriors.

“I get a release from art, and I feel better because I’m doing something, and my mind not scattered somewhere else,” Minton, 63, said. “I’m doing something with that piece of art.”

While not every piece of art at the library has the same significance for others as it does for Minton, the show is thought provoking for patrons, who facilitates their

learning about the variety of other programs available at the McChord Library.

Throughout the year, classes and events take place on Tuesday nights. This Tuesday, the library is hosting a beer and wine-making class. The staff hosts free movies every Thursday night.

All the events are designed to get people interested in reading, books and taking advantage of the McChord and JBLM libraries.

“We tried to be more laid-back and relaxing, yet still interesting that people could take it at their own pace,” Lengel said. “And I love the fact that artwork is very much relaxed and at your own pace.”

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Eating this burrito a challenge

By **Laura M. Levering**
Northwest Guardian

If you take pleasure in new challenges, love food or ever wondered what a six pound burrito looks like, you might want to make your way over to Habanero Mexican Grill on Joint Base Lewis-McChord's McChord Field, located at Whispering Firs Golf Course.

Throughout the week, Habanero Mexican Grill features made-to-order burritos, salads, soups and traditional breakfast items starting at tee time. On Wednesdays the grill features a burrito challenge sure to send any guest daring enough into a food coma, or at the very least, walking away with a full stomach and to-go container.

Referred to as "The Hump," the midweek challenge came as the result of a conversation the restaurant staff was having about

a popular reality TV show a few months ago.

"A lot of it had to do with a discussion we were all having one day about 'Man Versus Food,'" said Lisa Mance, a cook with Habanero Mexican Grill.

Mance, who admits she can barely finish one normal sized burrito, has never attempted the challenge. Instead, she makes and carries the six-pounder to anyone who orders it on a tray measuring nearly three feet long. Three 12-inch flour tortillas rest beneath a bed of beans, rice, lettuce, cheese, pico de gallo, tomatillo, roasted habanero, sour cream, fajita mix and the challenger's meat of choice.

Patrons who wish to participate in the challenge must order the burrito between 11 a.m. and 2 p.m. on Wednesdays; they have 45 minutes to finish it. If they succeed, the burrito — priced at \$14.95 and

weighing exactly six pounds — is free and a photo will be posted on a wall inside the lounge. If the burrito is not finished in the allotted time, the guest must produce the money for the burrito.

Since introducing The Hump about two months ago, few have tried, and none has succeeded. On July 6, Cpl. Erik Torgerson, 528th Quartermaster Company, barely made it halfway. After 35 minutes into the challenge, Torgerson called it quits. He and his friends were playing a round of golf when they saw a sign for the challenge and decided to give it a try. About two and a half pounds shy of completion, the Soldier said he felt "miserable," but had no regrets.

Challengers are allowed to have a drink of their choice, but are disqualified if they break to use the bathroom or vomit. So far, luckily no one has done the latter,



Ingrid Barrentine

Paul Santos, a cook at Habanero Grill, watches as fellow cook Lisa Mance puts the finishing touches on a 6 pound burrito during the weekly burrito challenge July 6 at the McChord Field restaurant.

although there was at least one close call.

Mance encourages servicemembers and Family members to try the challenge, adding that those who do not finish can always share the leftovers and take home a to-go

box. For those who are determined, she has advice.

"Pace yourself and try your best to get it done."

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Re-enactors channel history

By Marisa Petrich
Northwest Guardian

On the Fourth of July, 2010, Peggy Walther came to Lake Sequalitchew on Joint Base Lewis-McChord to remember her history.

Dressed head-to-toe as Betsy Ross, Walther, 84, intended to decorate the Captain Charles Wilkes monument commemorating the first official Fourth of July celebration west of the Missouri River with American Flags. But when she arrived she found the area overgrown with weeds and the stone so covered in moss she could barely read it.

"How can someone let this go?" she thought to herself.

Walther brought the monument's condition to the attention of her local chapter of the Daughters of the American Revolution, and began a yearlong project to restore it. The monument was rededicated last week, in a July 5 ceremony that paralleled the 1841 event.

U.S. Navy Captain Charles Wilkes came to the Puget Sound area as part of a round-the-world scientific expedition. In the summer of 1841 the United States and Great Britain were still determining the borders between their respective territories, but in present-day Washington British settlers outnumbered Americans.

That didn't stop the group from recognizing Independence Day — though the celebrations happened a day late, as the 4th had fallen on a Sunday. The crew started the day by firing 26-gun salute (one shot for every state in the nation) on the banks of the lake on what is now Lewis North, and waking up the British soldiers at Fort Nisqually.

"When they celebrated in 1841, they did so with the exuberance and vitality of free men," former Fort Lewis Museum director and keynote speaker Alan Archambault said.

The event was significant, but more so was the expedition. Wilkes' efforts to chart the area and bring back plant and animal specimens showed the value of the area, which encouraged the U.S. to push to have Puget Sound within its territory when the border was set in 1846.

The rededication emphasized the importance of the original events, but also of preserving history. After collecting donations from its members and coordinating the res-



Marisa Petrich

toration with JBLM, the Mary Ball Chapter of the DAR invited many of the organizations present when the monument was installed in 1906 to last week's ceremony.

They also invited retired lieutenant colonel Clinton Cannon to channel Capt. Wilkes as the second keynote speaker. Once again in full costume, Cannon gave a first-person account of the expedition. After his story, re-enactors fired a brass cannon from 1840.

For many there, the event showed the importance of knowing where the country has been before looking for where to go next. Archambault pointed out that the marker commemorates both good and bad — a great expedition, but also the beginnings of Manifest Destiny and Native Americans being removed from the land that had always been their home.

"There's hardly any part of American history that isn't fraught with

positives and negatives," he said.

It was the lessons of history that Walther — whose granddaughters say she bleeds red, white and blue — worked so hard to preserve. Mary Ball Chapter DAR Regent Gail Sawyer understands exactly why.

"That rock is not going to fade away like I will," she said.

Marisa Petrich: marisa.petrich@nwguardian.com

Virginia home to new Army museum

Department of Defense

WASHINGTON — Army officials announced today that the North Post of Fort Belvoir, Va., will be the site of the National Museum of the U.S. Army, scheduled to open in June 2015.

Army Secretary John M. McHugh approved the decision in June, which also marked the Army's 236th birthday.

"In presenting the Army's storied 236-year history," McHugh said, "this long-overdue facility will offer the American people a unique opportunity to connect with our soldiers and better understand and appreciate their many and glorious stories."

"Now that a site for the Army's museum has been determined, the development of the museum's master plan can be finalized," said Judson Bennett, executive director of the museum's project office at Fort Belvoir. The building of the museum will be funded privately through the Army Historical Foundation, a nonprofit organization dedicated to preserving the Army's heritage.

Initial construction will include a multistory main museum building with exhibit halls, theater, Veterans' Hall, food service and retail areas, administrative areas, an experiential learning center and a lobby with visitor reception area.

The Army is currently the only service without a centralized museum.

The Navy Museum is located at the Navy Yard here; the Marine Corps Museum is located at Marine Corps Base Quantico in Prince William County, Va.; and the Air Force Museum is located at Wright-Patterson Air Force Base, Ohio.

Madigan ceremony welcomes new leader

By Tawny M. Dotson
Madigan Healthcare System
Strategic Communication

Madigan Healthcare System's Troop Command welcomed its new commander during a change of command ceremony July 8 at Watkins Field on Joint Base Lewis-McChord.

Lieutenant Colonel Jon Van Steenvort relinquished command of the 1,600 member battalion to Lt. Col. Ralph Deatherage. Van Steenvort will report to U.S. Army Medical Command for his next assignment.

Colonel (Dr.) Dallas Homas, commander of Madigan Healthcare System, presided over the change of command ceremony and acknowledged the battalion's outgoing commander for a job well done during the ceremony.

"I have never been more inspired by a junior officer than I have been by Jon Van Steenvort," Homas said at the ceremony. "He recently completed a full Iron Man. More than 15 hours of cardio activity. I can't imagine it. You are an inspiration."

Homas went on to thank Van Steenvort for his many contributions to ensuring all Soldiers within Madigan were well trained and prepared to deliver values-based, standards-driven health care.

"No matter what happens to me the rest of my days, no matter where I go, my time at Madigan as your troop battalion commander, with you, has been the highlight of my life. The greatest legacy a leader can leave to his Army is a well trained staff with the confidence to lead," Van Steenvort said.

Van Steenvort took command in July of 2009 after serving as



Tawny M. Dotson

Lt. Col. Ralph Deatherage, new commander of the Troop Command Battalion, accepts the unit's colors from Col. (Dr.) Dallas W. Homas, Madigan Healthcare System Commander during the change of command ceremony held July 8. Deatherage assumed command after Lt. Col. Jon Van Steenvort relinquished it on Watkins Field at JBLM.

the S1, 62nd Medical Brigade here at Fort Lewis. He has also served as S5 Plans, Task Force 62nd Medical Brigade, Multi-National Corps-Iraq for 15 months. Prior to that, he was the first operations officer in the Directorate of Personnel at the office of the Army surgeon general.

Deatherage, a Washington state native, comes to Madigan with a diverse Army background. He began his time in the Army as an enlisted infantryman, went to the United States Military Academy Prep School and United States Military Academy at West Point.

He started as a platoon leader when he commissioned. He has been a medical service corps officer for more than 17 years. He has commanded companies, served at the regional and major command levels.

"Yours is a reputation of upholding our most cherished values while exceeding our Army's highest standards. I am honored beyond words to take my place as your commander today. Together we will maintain that reputation and will seek out new challenges and will surmount them. Thank you and let's get to work," said Deatherage.

McChord employee earns annual MEDCOM award

By Tawny M. Dotson
Madigan Healthcare System
Strategic Communication

A total shock came Heather Taylor's way last week when she was called up on the stage and named the U.S. Army Medical Command's Employee of the Year for the Tier I category.

"I was sent (to San Antonio) under the pretense that I was going to a conference," Taylor said, but the recognition was not lost in her surprise.

"I feel very honored to be recognized. It just makes you feel really proud to be a part of it, but it makes you feel so many others should be recognized," Taylor said.

Taylor attended the MEDCOM Symposium in San Antonio, Texas, and was awarded the honor by Lt. Gen. (Dr.) Eric Schoomaker, the Army Surgeon General on June 27. She has worked at the McChord Medical Clinic within Madigan Healthcare System since September of 2008 when she started as a medical support assistant. She became the lead in January of 2010 and now mentors six other MSA's in the daily duties of checking-in patients and scheduling.

"Ms. Taylor is one of the driving change agents in the McChord Medical Clinic," said Anthony Munoz, administrative officer for the McChord Medical Clinic. "Her desire to constantly seek new ways to improve patient satisfaction is one of her greatest assets. She is an analytical thinker with a unique ability to envision key business practice changes that have positive-

ly impacted provider productivity."

Taylor has led the McChord MSA team through some turbulent times. Recently the clinic has experienced significant turnover within the seven-member MSA team. Her leadership has helped with the transition, but her boots on the ground have been the most recognized effort to make the turnover transparent with patients.

"Heather has always been the one to pitch in," Munoz said. "Even though she's the lead, she's not one who will sit in her own office and not help. She recognizes that when people are sick or we are short of staff that she's going to be out there at the front."

Taylor likely does this because she loves what she is doing. When asked what it is she likes about being an MSA she said the daily interaction.

"I get to interact with my co-workers and anytime there is a situation with a patient they give me a call. I like to try to problem solve and help them," said Taylor.

The McChord Clinic being smaller is one aspect of her job she also appreciates.

"I think it comes to our advantage that McChord Clinic is smaller," Taylor said. "We usually do great on meeting our goals. We are able to problem solve and make changes quickly."

In the nomination Taylor was recognized for leading McChord Clinic to a 99 percent coding accuracy and a 97 percent customer service ranking, the best in MEDCOM. She was also listed as having reconstructed provider templates, which increased and improved patient appointments by 10 percent. Her expertise on closure of patient charts improved medical coding as well.



Taylor

Birth announcements

Schmidt, Christopher and Tanya, Boy, June 9

Santero, Dolan and Kayla, Girl, June 10

Anderson, Benjamin and Julie, Boy, June 10

Watts, Alex and Alison, Boy, June 11

Louderback, Jacob and Jolene, Girl, June 11

Ittu, Dison and Yoko, Boy, June 13

Rich, Donald and Danielle, Boy, June 14

Terry, Jason, and Kourtney, Boy, June 14

Madigan Healthcare System contact information

GENERAL SERVICES

Emergency: 911
Tricare Regional Appointment Center (TRAC): 1(800) 404-4506

Tricare On-Line: www.tricare-online.com

TriWest: 1 (888) 874-9378 or www.triwest.com

Pharmacy Refill: 968-2999
Tricare Express-Script pharmacy service: (877) 363-1433

or www.express-scripts.com

Beneficiary Counseling Assistance Coordinator: 968-3348 or 968-3491

Referral Coordination Center Hotline: 968-2903

Patient Admissions: 968-3827 or 968-3829

Patient Advocacy: 968-1145

Flu Hotline: 968-4744

BEHAVIORAL HEALTH SERVICES

Behavioral Health Clinic: 968-2700

Soldier Readiness Service: 968-5140

The Child & Family Assistance Center - FAME Clinic: 968-4843

Military One Source: 1 (800) 342-9647

National Suicide Prevention Life Line: 1 (800) 273-8255 (Option 1)

Exceptional Family Member Program: 968-0254 or 968-1370

Armed Forces Blood Bank Center: 968-1850

Fisher House: 964-9283

Strategic Communication Office: 968-1901

Veterinary Treatment Facility: 982-3951

Madigan Directory Assistance: 968-1110

Madigan Healthcare System website: www.mamc.amedd.army.mil

E-mail: ContactMadigan@amedd.army.mil

Check out Madigan Healthcare System on Facebook

Announcing! Extended TRAC hours of operation.



New! Weekday Hours-6:00 a.m.-8:00 p.m., Mon.-Fri.

New! Weekend Hours-7:00 a.m.-3:30 p.m., Sat.-Sun.

• Closed on Federal Holidays

Another step towards improving access to care,
by being responsive to our patients' needs.



madigan
Healthcare System

Community Ledger

Newest C-17 arrives at McChord Field



Airman 1st Class Leah Young

Leaders of the 62nd Airlift Wing salute McChord Field's newest C-17 Globemaster III as it taxis down the runway July 7, at Joint Base Lewis-McChord. On board was Air Mobility Command Director of Strategic Plans, Requirements and Programs Brig. Gen. Wayne Schatz, from Scott Air Force Base, Ill.

Gates and roadwork progress on JBLM

The paving work on **41st Division Drive** has been postponed by the contractor until Monday due to weather.

The section of 41st Division Drive will be closed through July 22 for road work between **Ohio/Colorado** avenues and **Nevada/Tacoma** avenues. Closure and detours will be effective from 6 p.m. to 5:30 a.m. during site working hours.

Traffic to and from the residential area west of the intersection of 41st Division Drive and Ohio Avenue will not be affected. Traffic to and from the NCO facility on 41st Division Drive will use the NCO Academy access road to enter and exit the facility. Traffic to and from businesses in the adjacent area will enter and exit via Colorado Avenue.

Reader boards notifying traffic of the upcoming closure and detour will be in place at least two weeks before the scheduled start date.

Stryker Avenue will be closed from 41st Division Drive to just short of 14th Street. Motorists are advised to get on Stryker Avenue from 41st Street heading south, take a left on Mann Street and another left on 14th Street. Detours will be in place to direct traffic.

A repaving and widening project along three-fourths mile of **Blaine Avenue** between 5th Street and Eagle Circle is underway and completion is estimated for Sept. 2. Work hours will be between 7 a.m. and 3:30 p.m., Mondays through Fridays.

The stretch will be closed to traffic except to the school and adjacent areas, with guides directing vehicles through the work site.

The repairs to **4th Division Drive** (beginning at the intersection of **East Gate Road** and 4th Division Drive)

will require the section of roadway from STA 0+00 to STA 42+00 to be closed and traffic rerouted via detour. Traffic entering from the East Gate is directed to follow East Gate Road to **2nd Division Drive**. A right turn on 2nd Division Drive will lead traffic to a right turn onto the paved combat trail that constitutes the detour route and will allow access to 4th Division Drive. Traffic traveling south on 4th Division Drive will use the same route in the opposite direction.

Additional traffic control will be required for short duration single lane closures along East Gate Road to allow for a safe work zone at the intersection of 4th Division and East Gate Road.

During tree falling operations along 4th Division, short duration closures will be required.

No physical training/construction area signage will be posted along the work zone.

Access to ranges along the work zone will be available from approximately STA 44+50.

Access to the combat vehicle wash area will be via the combat vehicle trail.

The **D Street Gate** on JBLM Lewis North: The next East Drive project plans repairs starting at the end of the D-Street widening to DuPont/Steilacoom Road requiring road closure in July.

Drivers using **Jackson Avenue** near Madigan Army Medical Center should expect delays for a few months as contractors repair a one-mile stretch of road from the barricades near the Madigan Gate to Transmission Line Road. The project is scheduled for completion in August.

More information about traffic revision updates and construction changes will come as the contractor announces them. For road conditions, call **967-1733**.

Soldier Show coming

See the best show in town Aug. 1 and 2 when the U.S. Army Soldier Show arrives at Carey Theater. Three free performances feature a musical celebration through dance, song and performances by U.S. Army Soldiers for the JBLM community. Monday's show is at 7 p.m. and Tuesday's shows are at 2 p.m. and 7 p.m.

Free app for FMWR

The JBLM MWR Mobile App has just been updated! Look for GPS directions to your favorite MWR facility in the Directory and the MWR Mobile Hours of Operation page. An Android version is coming soon! Visit [itunes.apple.com/us/app/jblm-mwr](https://apple.com/us/app/jblm-mwr) to download your free app.

For young wrestlers

Register through Sept. 4 for CYSS youth wrestling. The participation fee is \$60 for youth ages 5 to 15.

Register at CYSS Parent Central, Building 2295, 12th and Bitar. You'll need a full CYSS registration on file, a current sports physical, shot record, military, DOD or contractor identity card, and three emergency contacts.

Download and fill out forms from JBLMmwr.com under WebTrac/online registration, CYS Services. For more information, call CYS Services at 967-2977.

Customer service jobs

Affiliated Computer Services, Inc, a Xerox Company, located in Lacey, will recruit customer service agents July 26, from 10 a.m. to 2 p.m. at the JBLM Employment Readiness Program in the Army Community Services Annex, Building 2166 at the corner of South 12th Street and Liggett Avenue. Start application process at <https://acs-inc.evolvdemand.net/offline/1965>. Call Joyce at (360) 923-8656 or Andrea Lee at (360) 923 8654.

Roller derby bout

The GI Janes take on the Bombshell Betties Saturday at the Summit Skating Rink on Joint Base Lewis-McChord.

Doors open at 5 p.m. and wheels roll at 6. Purchase tickets online through <http://brownpapertickets.com>. Tickets are also available from any derby girl for \$10 before the bout or \$12 at the door. For information, call Gloria Sass at 219-1181.

Kids learn golf for \$99

Juniors can learn golf the easy way with "Golf 4 Kids" at Whispering Firs Golf Course at McChord Field. Group lessons cost only \$99 per person for weekday instructions from 5:30 to 7:30 p.m. Lessons are taught by the student-centered Life Master LPGA resident professional.

The next group session meets Monday to Thursday for ages ages 5 to 13. Call the pro shop at 982-4927 for sign-up information.

AAFES stocks improve

During the last six weeks the Exchange and Shoppettes have run out of stock in a variety of items because of shipment problems related to a new software program the distribution center implemented. AAFES General Manager Patrick McGhee is pleased to announce that the software program has been corrected. JBLM Shoppettes are fully stocked and the Main Exchanges' stock assortment is improving with trucks arriving daily.

McGhee appreciates customers' patience and hopes to see them shopping again at both JBLM Main Stores and all AAFES facilities.

Lifeguard positions

Are you over age 16 and looking for a job? Lifeguarding positions are currently available at JBLM. Call 966-1442 for application details. Interested in taking a lifeguarding course? Call 967-5026 for class dates and times.

McChord art show

Adults are invited to bring in their creative works for an art exhibit through Tuesday at the McChord Library. The arts and crafts will be on display for the "Midsummer Knight's Read" summer reading program. Smaller and more delicate works will be placed in a display cabinet.

For more information and entry guidelines, call the library at 982-3454. See Page 10 for the story.

Be an Army warrant

The Warrant Officer Recruiter Team briefs each Tuesday at noon at Evergreen Theater, Building 3405 on 2nd Division Drive. To see whether you have the qualifications, call or e-mail Chief Warrant Officer 3 Adam Pollett, 590-3242, Gordon.pollett@usarec.army.mil or Sgt. 1st Class James Grant, 590-3244, james.grant2@usarec.army.mil.

Basketball academy

Register through July 29 for Child and Youth School Services Anthony Slater Basketball Academy from Aug. 1 to 3 at the Teen Zone, JBLM Lewis Main. The fee is \$60 for youth ages 5 to 18.

Register at CYSS Parent Central, Building 2295, 12th and Bitar. You'll need a full CYSS registration on file, a current sports physical, shot record, military, DOD or contractor identity card and three emergency contacts.

Summer reading

McChord Library activities are scheduled for Tuesdays at 1 p.m. for youth and 3 p.m. for teens. Book Patch Library is holding storytimes Wednesdays at 10:30 a.m. starting Wednesday. Book Patch activities are Thursdays, 1 to 3 p.m. Participants can attend activities at both locations.

Call the McChord Library at 982-3454 or the Book Patch Library at 967-5533.

Sports physicals

If your teens are assigned to the Adolescent Medicine Clinic, it's time to get your annual sports or activity physical scheduled. Spaces are now open. They fill up fast so be sure to make yours today.

To schedule your teen's appointment with your Adolescent Medicine Medical Home, call the TriCare Regional Appointment Center at 1 (800) 404-4506.

Camp JBLM 2011

Registration is open through Saturday for the day camp portion of the 2011 Exceptional Family Member Camp JBLM on Aug. 20 from 9 a.m. to 6 p.m. The camp is open to all Joint Base Lewis-McChord Families with exceptional family members. The overnight camp Aug. 19 to 21 is full.

Activities will include fishing, crafts, karaoke and nature hikes. A barbecue lunch will be available to all day camp participants. Registration packets are available in the EFMP office at Army Community Service in Waller Hall or online at www.jblmmwr.com/pdf/acs/efmp/RegistrationEFMPCampJBLM11Website.pdf. Return the completed registration packet to the ACS EFMP office, scan and e-mail it to JBLMIMCOMDFMWRFP@conus.army.mil or fax it to 967-1034.

Civilian pay question?

The JBLM Civilian Payroll Office, located at Building 2007A, Room 106A, has established customer service hours. Customer service representatives are available from 8:30 to 11:30 a.m. and 12:30 to 3:30 p.m. daily, or call 966-9013.

Summer youth classes

A SKIES Unlimited Youth Academy has a variety of classes in academics, arts, dance, music, life skills, sports and exercise for infants and their parents through teens.

Register now for summer classes — it's easy when you sign up with Child, Youth and School Services and go to WebTrac at JBLMmwr.com to view your choice of classes online. For information, call CYSS at 966-2977.

Youth golf camps

Register for Child, Youth and School Services youth golf "First Swing" camps. The participation fee is \$25 for youth ages 5 to 15. The next camp meets July 26 to 28, and another meets Aug. 30 to Sept. 1. Each camp meets 9:30 to 11 a.m. You may be placed on a waiting list if registration is full.

Register at CYSS Parent Central, Building 2295, 12th and Bitar. You'll need a full CYSS registration on file, a current sports physical, shot record, military, DOD or contractor identity card and three emergency contacts. Download and fill out forms from JBLMmwr.com under WebTrac/online registration, CYS Services. For more information, call CYSS at 966-2977.

Wood cutting permits

Wood cutting on Joint Base Lewis-McChord is by permit only. For questions or information, contact Forest Resources at 964-2100 or 964-2101.

Parenting class

Classes for expecting parents are available the second Monday of every month, from 9 to 10 a.m., in the Sakakini Conference Room at Madigan Army Medical Center, near the Labor and Delivery Ward.

This class is for all parents in need of extra help and education on resources and information. For information, call Medical Social Work at 968-2303.

Nisqually FMC physicals

The Nisqually Family Medicine Clinic will conduct school and sports physicals for children ages 5 to 18 years of age today, July 22, 29, and Aug 5, 12, 19, 26, from 1 to 3:20 p.m.

Parents must accompany children under 18 and bring child's shot records, school and CYS forms to the appointment, filled out prior to the appointment. Arrive 30 minutes early, and dress your child in shirt, shorts and shoes.

Physicals are scheduled on an appointment basis only; no walk-ins will be allowed. To schedule appointments, call 966-9858, Option 1, or the TriCare appointment line at 1 (800) 404-4506. Children must be registered in DEERS and if 10 and older, must have a valid I.D. card. POC: Mr. Billy Thomas at 477-0803.

Med. Dept. birthday

The U.S. Army Medical Department will celebrate 236 years of history and dedicated service on July 27. To commemorate this event, Madigan Healthcare System will host the Joint Base Lewis-McChord 2011 AMEDD Regimental Birthday Ball, today at the Greater Tacoma Convention and Trade Center. Happy birthday to the men and women who make up our Army Medical Department.

Beer, wine making

Join other adults at the McChord Library to learn how to make your own beer and wine at home. The free workshop is July 19 at 5 p.m. No registration is necessary. For information, call 982-3454.

Red Cross volunteers

The JBLM American Red Cross is looking for departments across the base that have interest in hosting youth volunteers through early September.

For more information or to request a volunteer, contact 968-1055, Monday through Friday from 7:30 a.m. to 4 p.m.

Webinar for benefits

OneSource Tricare Young Adult webinar is available online. TYA is a result of a provision in the 2011 National Defense Authorization Act that extends premium-based health coverage to eligible dependent children until age 26.

Military parents and dependent children under age 26 are encouraged to review the webinar. It covers who qualifies for TYA, when and where to enroll and what type of coverage to expect.

The webinar is available now by visiting www.tricare.mil/mediacenter and clicking on the Tricare Young Adult Webinar link. For more on TYA, visit: www.tricare.mil/tya.

McChord Field USO

Stop by the USO on McChord Field located next to the passenger terminal, Bldg 1183.

The USO is open Monday through Saturday, 6 a.m. to 6 p.m. The USO has a snack bar consisting of donuts, pastries, fruit, sandwiches and coffee.

There is Internet access, television and an Xbox. All DOD card holders are welcome and everything is free. Call 982-1100 for more information or www.facebook.com/USOPSA or www.usopsa.org.

Miss Jensen? Try Wilson

While Jensen Family Health and Fitness Center undergoes renovation, try Wilson Sports and Fitness Center on JBLM Lewis North.

All Jensen services, including on-site child care, massage, Health Outcomes on-site nurse educators, gait analysis and free aerobics classes, are now operating at Wilson, Building 11596, D and 41st Division. For information, call 967-7471.

Attention

Event announcements must be received no later than the Friday before publication. They can be e-mailed to nwgeditor@nwguardian.com. Announcements can be viewed online at NWGuardian.com. The *Northwest Guardian* office is located in the basement of Building 2026-B. For more information, call 477-0183.

MEDAL OF HONOR CEREMONY



Tech Sgt. Jacob N. Bailey

Members of the 2-75 Rngr., who served with Petry in Afghanistan, meet Defense Secretary Leon E. Panetta Wednesday in his office at the Pentagon before Petry's induction into the Hall of Heroes.

Medal of Honor

Continued from Page A1

"This is the stuff of which heroes are made," Obama said at the ceremony. "This is the strength, the devotion that makes our troops the pride of every American. And this is the reason that — like a Soldier named Leroy Petry — America doesn't simply endure; we emerge from our trials stronger, more confident, with our eyes fixed on the future."

On May 26, 2008, 2-75 Rngr.'s D Company was performing a rare daylight raid in Afghanistan's Paktia Province. The original plan was for Petry, 28 at the time, to stay at platoon headquarters in the target building as the NCO-in charge. But when an assault squad needed help clearing another building, he volunteered to go with them.

After clearing a cluster of buildings around an inner courtyard, Petry and Pfc. Lucas Robinson moved into the compound's outer courtyard where insurgents wounded them both.

"They were spraying AK-47s at the hip, an immense amount of fire," Petry said at a press conference following a ceremony inducting him into the Hall of Heroes at the Pentagon on Wednesday.

Though he didn't realize it at the time, a single round had gone through both of his legs.

He and Robinson took cover behind a small chicken coop where Sgt. Daniel Higgins joined them. After a brief time, a grenade sailed over the wall, exploding, knocking the three men to the ground and wounding Higgins and Robinson.

An unseen insurgent threw



D. Myles Cullen

President Obama embraces the grandmother, Bertha Petry, of Sgt. 1st Class Leroy Petry prior to a Medal of Honor presentation ceremony.

another grenade over the chicken coop. It landed within a few feet of the three Rangers.

Petry could have moved around the corner of the chicken coop to save himself, his teammates said in a press conference last month, but Higgins and Robinson would surely have died. Instead, Petry immediately grabbed the grenade to throw it away from the coop. As he released it, the grenade detonated, severing his right hand at the wrist.

"I didn't feel any pain; it was weird ... I looked at it and I remember so vividly, the blood, it was oozing," Petry said.

He expected blood to squirt from the wound, as he'd seen in movies. Instead it seeped around the exposed muscle and bone, leaving

a lingering smell of burnt skin and gunpowder.

Petry kept a clear head, pulled out a tourniquet and tied it around his own arm, then called for help over the radio. When the relief team arrived, one grabbed Petry and told him its members were going to get him out of there.

"I kind of pushed his hand and said, 'You're not taking me anywhere until you get those guys back there,'" Petry said.

His teammates cleared the courtyard and brought Petry to the casualty collection point. Even there he kept looking out for his guys, telling doctors to see to them first and ordering others to maintain security. Once in the helicopter, he couldn't stop thinking about going back to the fight.



Spc. David M. Sharp

Sgt. 1st Class Leroy Petry, 2-75 Rngr., displays his prosthesis at the White House Tuesday.

The mission came with other losses. Specialist Christopher Gathercole was shot and killed by the enemy as he raced to help his buddies in the fight at the chicken coop.

"My heart just dropped at that moment, when I knew," Petry said.

"Another Ranger paid the ultimate sacrifice, and that could have been any one of us," he said.

Gathercole's brother, sister and grandmother attended the White House ceremony, and were asked to stand in recognition of their sacrifice.

The Soldier's name is now listed on Petry's right arm among those of all the 2-75 Rangers who have been killed since 9/11 on a small plate mounted on his prosthesis.

"They are, quite literally, part of him, just as they will always be part of America," Obama said.

The names are with him every day as he works with other wounded warriors at JBLM, a job that he loves because it allows him to keep

leading and helping his fellow Soldiers. Since 2008 he has reenlisted in the Army indefinitely, and even returned to Afghanistan last year for his eighth deployment.

Petry has adjusted to life with his new hand, and though he knows he'll never be able to pull a trigger or bounce a basketball the way he once did, life is much the same. Attachments for the prosthesis have enabled him to pick up hobbies like golf, and cook for his wife and four kids.

"I really haven't found too much that I need help with," he said.

At the White House ceremony, attended by more than 100 of Petry's family members, friends and fellow Rangers, Obama reflected on Petry's actions, but also the efforts of an entire nation during 10 years of war.

"The service of Leroy Petry speaks to the very essence of America — that spirit that says, no matter how hard the journey, no matter how steep the climb, we don't quit. We don't give up," Obama said.

In the end, Petry said the award hasn't changed him much, calling it a decoration and not a depiction of who he is. If nothing else, it's a reminder of his own heroes — the men and women who have lost their lives in uniform, and who continue to serve their country.

"When I wear this, I wear it for you too, because they're still answering the call," Petry said.

Petry's Medal of Honor is the ninth to be awarded for the War on Terror. A total of 3,465 have been awarded since the Civil War.

Marisa Petrich: marisa.petrich@nwguardian.com

Missing hand only change in Medal of Honor winner, friends say

By Marisa Petrich

Northwest Guardian

Duane Hardesty's across-the-street neighbor is a lot like anyone else's. He mows the lawn, washes his car and occasionally comes over to sit on the porch and talk.

That's where his neighbor, Sgt. 1st Class Leroy A. Petry, 2nd Battalion, 75th Ranger Regiment, was on an evening in May, after the White House announced that he would receive the Medal of Honor for conspicuous gallantry in Afghanistan.

Petry, who lost his right hand throwing a grenade away from his fellow Rangers in 2008, and his wife Ashley, were sitting outside the Hardestys' home in Steilacoom, Wash., when the congratulatory texts and calls started to arrive. But in spite of his recent notoriety, friends and fellow Soldiers say he's the same guy he's always been — and that they couldn't be prouder.

"It's an incredible honor to know them personally and just be able to be a help to them," he said of the family.

Hardesty, a retired Army colonel, works for a private contractor that assists severely wounded servicemembers. He remembers every detail of the first time he saw Petry without his hand. He had just returned from a business trip when his wife came into his study.

"I thought she'd seen a ghost or something," Hardesty said.



Ingrid Barrentine

Staff Sgt. Nathan Norton, pointing, and Sgt. Otilio Vasquez, right, both assigned to D Co., 2-75 Rngr., look for Rangers from their company while watching a live broadcast of the Medal of Honor ceremony honoring Sgt. 1st Class Leroy Petry Tuesday at Farrelli's Wood Fire Pizza in DuPont.

His wife told him Leroy and Ashley wanted to see him. When he came outside, he could see right away his neighbor's hand had been amputated at the wrist.

"I just gave him a bear hug and we cried for a while," Hardesty said.

Staff Sgt. Nathan Norton, 2-75 Rngr., has other vivid memories of Petry. He was part of the mission that day in Afghanistan, but couldn't be at the White House ceremony on Tuesday. Instead, he watched with the rest of D Company (Petry's former company)

at Farrelli's Wood Fire Pizza in DuPont.

"I can't congratulate him enough," Norton said.

He remembers the events of May 26, 2008 as though they happened in slow motion, and knew even then what an incredible thing

he was witnessing. There was no question in anyone's mind that Petry deserved to be nominated for the award, Norton said.

Aside from his missing hand, though, not much about Petry has changed. Before, he was known for always joking around — maybe even a little too much. Now his prosthetic arm just gives him another prop to be the goofy guy he always was.

"How the President described him is pretty much how he is," Sgt. 1st Class Aric Daldon, who's known Petry about six years, said after the ceremony.

Now Petry works with other wounded, injured and ill Soldiers at Joint Base Lewis-McChord, and Hardesty said there's no better man for that job, or to set an example as a Medal of Honor recipient.

"He's so focused on making sure he represents not only the Army, but every warrior (who has) ever worn a uniform," he said.

Hardesty expects that when Petry comes back to the house across the street, he and his family will be just as humble, dedicated and duty-driven as they've always been. But he knows one thing for certain — the next time he sees his neighbor, he's going to salute him.

"I couldn't be prouder of him if he were my own son," he said.

Marisa Petrich: marisa.petrich@nwguardian.com

Program inspires young golfers

No experience required to attend three-day summer camp for military children at Eagles Pride Golf Course

By Jason Bjorgo
For the Northwest Guardian

Five-year-old Drew Carlson has aspirations to be a Soldier or NFL player, but during a recent summer golf camp at Lewis' Eagles Pride Golf Course on Joint Base Lewis-McChord, he was channeling his inner Tiger Woods.

He and other fellow youth golfers drove, chipped and putted yellow golf balls in all directions,

working on their putting or improving their drives at the range.

Most young children aren't even allowed access to most golf courses, but for the 30 children signed up for the Child, Youth and School Services summer golf "First Swing" camp, the entire golf course was at their disposal to learn the game of golf.

The three-day summer golf camp is open to military children ages 5 to 15, with no golfing experience

needed. Teaching the golfing ropes are three PGA instructors and a handful of CYSS employees. Eagles Pride Golf Course PGA Pro Eric Bowen said that with individual concentration, young players make significant improvements thanks to the camp program's personalized teaching environment.

"A child's brain is like a sponge, and soaks up information better when they are young and haven't learned bad habits," Bowen said. "You see more good habits than bad at this age."

See **GOLFERS**, Page B2



Ingrid Barrentine

Trent Sielert, 8, loses the clubs while making his way to the driving range June 30 during the CYSS youth golf "First Swing" camp at Eagles Pride Golf Course.



Photos by Ingrid Barrentine

Sabine Pullins quietly entered the marathon scene four years ago. Pullins hopes to work at a gym on post where she can share her expertise in training and nutrition with Soldiers and spouses. Of the 14 marathons she has run, Pullins made it to the award podium 12 times, with seven first-place finishes.

PAYING IT FORWARD

Marathon runner wants to give back to her community

By Somer Breeze-Hanson
Northwest Guardian

Sabine Pullins quietly entered the marathon scene four years ago.

But it took just one race for the 38-year-old Army spouse to become an elite

To learn more

• To contact Sabine Pullins, e-mail sabina.pull@hotmail.com

of Germany, Pullins competed in 13 other marathons — qualifying for the Boston Marathon all 14 times.

Just this year Pullins ran a 10K race, a half-marathon in

San Francisco and three marathons.

"May 1 was my first marathon this year in Eugene, Ore.," Pullins said. "I ran my second-fastest time there but I didn't feel like I was quite giving it my all. I wasn't very depleted or exhausted afterward."

Pullins turned around two weeks later and won the Capital City Marathon in Olympia. But she didn't give her full effort because she had the Rainier to Ruston Ultra Marathon three weeks later.

Three marathons in a span of five weeks had little effect on Pullins, as she was the first female finisher — second overall — in the Ultra Marathon.

See **RUNNER**, Page B2



Pullins hopes her numbers, including 12 trips to the awards podium, will help her to build up clientele as a personal trainer. "My next endeavor is to pay this forward to the community," Pullins says.

Swimming lessons begin at McChord Field Pool

Outdoor pool lets children cool off, learn how to swim

By Somer Breeze-Hanson
Northwest Guardian

It is finally hot enough to play outside — at times a little too hot.

The Joint Base Lewis-McChord's only outdoor pool offers relief from the July heat, as well as organized swim lessons for children.

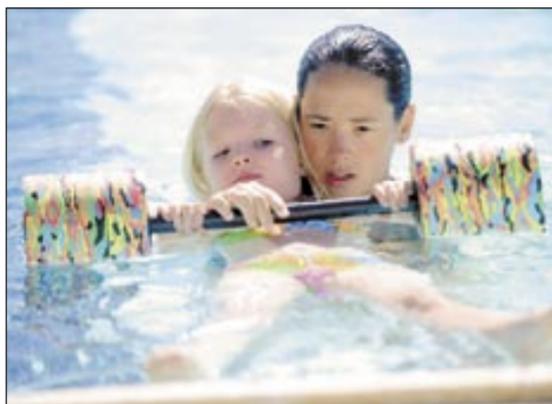
Registration for the second session of JBLM Aquatics youth swim lessons is Monday, July 18, from 9 to 11:30 a.m. at the McChord Field pool. The first three-week

session ended last week. Lessons are offered to children ages 3 to 15. Each three-week session is \$20 per child.

"It's a brand new season so it's pretty much beginner classes," Aquatics Coordinator Bill Miller said. "Class size depends on the ability of the kids."

Six lessons are taught at the McChord Field pool Monday and Wednesday morning from 9:45 to 11:25 a.m. The first two lessons are 9:45 to 10:15 a.m., the second set is from 10:20 to 10:50 a.m. and the final set is from 10:55 to 11:25 a.m.

See **SWIMMING**, Page B2



Ingrid Barrentine

F M W R water safety instructor Suzy Dodd, right, works with Kate Brooks, 6, during a swimming lesson July 6 at the McChord Field pool.

Soldiers say thank you with their performance

By Megan Marie McIntyre
Army Sustainment Command Public Affairs

DAVENPORT, Iowa — The ringmaster gathers and engages the audience, as performers in the Army Soldier Show take the stage. Come one, come all, to the greatest show on Earth!

A packed house at Adler Theater gave the 2011 U.S. Army Soldier Show a rousing reception, June 28. This year's show incorporates the different places that host American Soldiers around the world.

See **SOLDIERS**, Page B2

Runner

Continued from Page B1

Pullins' accomplishments are known beyond the local running community, as she is sponsored by Quantum Scalar, a manufacturer of performance gear.

"Being sponsored means you're on par with the pro level," said Claire Heid, 66th Military Police Company, 504th Military Police Battalion. "In the running world, a good mark of a professional runner is when they start getting sponsorship."

Heid met Pullins at the start line

of the Capital City Marathon in May. Pullins quickly befriended the ultra marathon runner as she prepared for the Rainier to Ruston — Pullins' first ultra marathon — in June.

It didn't take long for Pullins' running career to flourish. But the mother of two doesn't accumulate her winnings to show them off. Rather, Pullins wants to use her success to help others. Even with a full racing schedule Pullins completed schooling at the National Federation of Professional Trainers to become a Certified Personal Trainer, specialized in endurance training.

"My next endeavor is to pay this forward to the community," Pullins said. "I would really like to see if I can work through (Joint Base Lewis-McChord Directorate of) Family and Morale, Welfare and Recreation, and let this bleed into helping the Soldiers perform at a better, higher level."

Pullins hopes to work at a gym on post where she can share her expertise in training and nutrition with Soldiers and spouses.

Of the 14 marathons Pullins raced in, she made it to the award podium 12 times, with seven first-place finishes. She hopes her numbers will

aid in building up clientele as a personal trainer.

"I look at (what I've done) as successes that I can get people interested in me," Pullins said. "So people will think, 'She really knows what she's doing. She knows what this is about.' If you trust me I can definitely get you to where you would like to see yourself or very close to it."

In the meantime Pullins is taking it easy. Of course she still logs 60 miles a week during her runs, but without the race mentality. She doesn't know when her next marathon will be.

"It's been busy and I want to refill my battery a little bit," Pullins said.

And with her husband, Chief Warrant Officer 4 Scott W. Pullins, 1st Battalion, 303rd Armor Regiment, being deployed next year, Sabine Pullins' competitive running will slow down to spend more time with her Family.

But she admits it would be nice to maybe some day run the Boston Marathon. Or better yet, just round up her 14 marathons.

"I know I would love to do 15. I'm just letting things come toward me."



Photos by Ingrid Barrentine

Golfers

Continued from Page B1

More than 200 children have participated in the golf camps the past two years. CYSS provides all equipment including golf clubs, balls and tees for the kids. Playing on real golf courses in programs tailored to their ages and sizes, helps young golfers learn the game at their own pace, Bowen said.

"This comfortable environment not only supports learning, but also a love of the game," he said.

Three-time attendee Gavin Burns has improved on the links every year since participating in his first camp. His mother, Gwendolyn Burns, loves watching him improve every day and how the game keeps him respectful and motivated. She points out that Gavin isn't aggressive, so sports like football or soccer aren't a good fit.

"Golf is more laid back and has the opportunity to teach him at his own pace," Burns said.

Appealing to kids' internal drive to succeed and seeing them achieve success is why Bowen assists with the camp as a coach. He has been a pro since 1992 and been with the camp all three years.

"At this age, kids aren't even allowed on most golf courses usually, so it's great to get them involved so early," Bowen said.

Bowen and the other camp coaches keep the curriculum pretty simple: focus on putting, driving and chipping, the three most important shots in golf. Mastering these basic shots is the primary goal when learning golf, and the kids spend the day working on all three. The camp helped Carlson discover that he liked putting the ball better than driving, but his favorite part was playing a few rounds with his friends.

The children finish the camp by testing their newly learned skills in a CYSS golf tournament, with prizes at stake like golf clubs, balls, bags and tees. Though golf equipment might seem like a great incentive, the staff says the kids' greatest prize is spending sunny hours with friends, learning a great game.

The next CYSS youth golf "First Swing" camp meets July 26 to 28, and another meets Aug. 30 to Sept. 1. Each session runs from 9:30 to 11 a.m. The participation fee is \$25 for youth ages 5 to 15. For more information, call CYSS at 966-2977, or visit JBLMmwr.com.

McChord Field is also offering a "Golf 4 Kids" camp at Whispering Firs Golf Course. Group lessons cost \$99 per person for weekday instructions, from 5:30 to 7:30 p.m. The next group session meets Monday through Thursday for ages 5 to 13. Call the Whispering Firs pro shop at 982-4927 for sign-up information.



Above: Ben Senftner, 20, right, a recreation aid at Eagles Pride Golf Course, gives Alexander Kempner, 7, a high five. Upcoming three-day camps meet July 26 to 28, and Aug. 30 to Sept. 1. Cost is \$25.



Above: Drew Carlson, 5, prepares to whack the golf ball during the CYSS youth golf "First Swing" camp at Eagles Pride Golf Course.

At left: Gunner Blome, 5, tries on a golf bag during "First Swing" camp.

Swimming

Continued from Page B1

There are no more than six children in each lesson, and each lesson will still be taught even if the class is not full.

The indoor pool at Kimbro offers lessons on Tuesday and Thursdays from 3:30 to 6 p.m. Of the three swimming pools on Lewis Main, Kimbro is the only pool that offers lessons.

Registration for the third and final session of summer lessons is Monday, Aug. 8. Lessons start on Aug. 10 and wrap up on Aug. 26.

The outdoor pool closes for the season on Sept. 5.

The McChord Field pool also is in need of certified water

Outdoor pool hours

Lap Swim
Monday 11:30 a.m. to 12:30 p.m.
Tuesday-Friday 7 a.m. to 9 a.m.; 11:30 a.m. to 12:30 p.m.
Recreation Swim
Monday through Friday 12:30 p.m. to 6 p.m.
Weekends/Holidays Noon to 6 p.m.

safety instructors to teach swim lessons this summer. For more information about swim lessons or swim instructor inquiries, call the outdoor pool at 982-2807. The pool is located at Building 736 on 5th Street by the Main Fitness Center.

Soldiers

Continued from Page B1

The title theme this year is "Carnival — A Traveling Thank You" that features the ideals and missions that require great sacrifice, as freedom comes at a cost to our Soldiers, their Families and our country.

"This show expresses our appreciation to the citizens of host nations and to the Soldiers, Families, Department of Defense civilians and retirees who support our Soldiers," said J. C. Abney, Installation Management Command's deputy chief of staff, in the Soldier Show program handout.

"This production portrays never-ending gratitude for the support given by nations who share our American aspiration for freedom and with whom we serve around the

JBLM show

The U.S. Army Soldier Show will bring its carnival spirit to Carey Theater on Joint Base Lewis-McChord for three performances, Aug. 1 at 7 p.m. and Aug. 2 at 2 and 7 p.m.

world," he wrote.

This year's set design displayed visuals to match the song choices. The set included a multifunctional circular light structure used to mimic a carnival prop, backdrop decoration and even a time machine.

The lights beamed as Soldier Show performers came out to dance, sing and play instruments.

As usual in a variety show there was a mix of music from all genres

and generations, packed into a 90-minute production. The mix of songs allowed every audience member to enjoy the production. Groups and soloist alike performed everything from R&B to country.

The cast includes 20 Soldier-performers and five Soldier-crew members. Backing them are 13 Army Entertainment Soldiers and 16 dedicated Army Entertainment civilians, all working hard to support the Army Soldier Show from initial tryouts to the last bow.

Not only do cast members perform, but they are also responsible for the show's production and logistics, moving 70,000 pounds of technical equipment throughout the United States, Korea and Europe.

The show kicked off April 29 at Fort Belvoir, Va. and is scheduled to end Dec. 10 at Fort Sam Houston, Texas.

Out & About

Kayak Hope Island

July 16: \$40. Go for a nice paddle and walk around Hope Island's beaches and tide pools. You'll have the chance to see bald eagles, harbor seals and starfish. Paddle distance is approximately 6 miles. Minimum age: 15. Meet at McChord Field's Adventures Unlimited at 9 a.m. or the Northwest Adventure Center at Lewis North at 9:15 a.m.

Geocaching seminar

July 16: \$3. Geocaching is often described as a game of high-tech hide and seek, where you use a GPS to find caches that somebody hid. In this seminar you will learn how to use a GPS to navigate your way to the caches. You'll spend a couple of hours at Lewis North learning the basics, and the rest of the day finding local caches. Trip fee includes instruction, equipment and transportation. Meet at the Northwest Adventure Center at Lewis North at 9:30 a.m.

Crabbing at Westport

July 16: \$30. Fresh crab always sounds good! Travel to the coast for a day of crabbing in Westport's bountiful waters — an ideal destination for a crabbing and sightseeing excursion. Fee includes transportation, crabbing gear and bait. You must provide your own fishing license, lunch for the day and means of transporting the crab. Meet at McChord Field's Adventures Unlimited at 8:30 a.m. or the Northwest Adventure Center at Lewis North at 9 a.m.

King Salmon fishing

July 17: \$125. Go after the Pacific Northwest's premier game fish on a chartered salmon fishing trip on the Pacific Ocean. Dress in layers and bring rain gear, lunch, snacks and water. Transportation and gear are provided. Meet at the Northwest Adventure Center at 3 a.m.

Sea kayak self-rescue

July 17: \$20. Learn the techniques of exiting and re-entering your kayak in open water safely and quickly. Minimum age: 12. Meet at the Adventure Center at Lewis North at 11 a.m.

After-work climb

July 20: \$15. Head to the Edgeworks Gym in Tacoma for an evening of climbing. Climbing gear, admission and transportation are included, and no experience is required. Meet at the Northwest Adventure Center at Lewis North at 5:30 p.m. or McChord Field's Adventures Unlimited at 5:45 p.m.

Horseback riding

July 23: \$80 Head to Elbe, a town located on the outskirts of Mount Rainier National Park, for a two-hour guided afternoon horseback ride. No experience is necessary for you to participate in this trip. Bring the entire family along for a great day; all children ages 7 and older are welcome. Meet at the Northwest Adventure Center at Lewis North at 9 a.m. or McChord Field's Adventures Unlimited at 9:15 a.m.

Seattle malls, casino

July 23: \$35. Serious bargain hunters will love spending a full day shopping at Seattle Premium Outlet Mall in Marysville. Stores include Burberry, Calvin Klein, Coach and Chico's. Shop till you drop — and if you get tired of shopping, a short walk will bring you to Tulalip Resort Casino. Fee includes round-trip transportation. Meet at Northwest Adventure Center at Lewis North at 8:45 a.m. or McChord Field's Adventures Unlimited at 9 a.m.

Whitewater rafting

July 24: \$60. (Groups of 20 or more are just \$55 per person). Take a trip down the beautiful Wenatchee River, putting in near the unique Bavarian town of Leavenworth, and paddling through many exciting Class III rapids.

Gear, wetsuit, paddle shoes, gloves, instruction and transportation are included. Minimum age: 14. No rafting experience is necessary. Meet at the Northwest Adventure Center at Lewis North at 7 a.m. or McChord Field's Adventures Unlimited at 7:15 a.m. Reasonable accommodations can be made for persons with special needs.

Skydiving

July 24: \$215. Imagine the thrill of jumping out of a perfectly good airplane from an altitude of up to 13,500 feet! Wearing a harness connected directly to the tandem parachute system, you and your instructor will jump together and accelerate to 120 mph, freefalling for about 60 seconds.

Gear, instruction and transportation are provided. Meet at McChord Field's Adventures Unlimited at 9:15 a.m. or the Northwest Adventure Center at Lewis North at 9:30 a.m.

Mountain biking

July 27: \$20 Enjoy an evening of mountain biking through trails located at Lewis North.

The fee includes all equipment and guided ride. Meet at McChord Field's Adventures Unlimited at 4:45 p.m. or the Northwest Adventure Center at Lewis North at 5 p.m.

Bungee jumping

July 30: \$125. Head to the base of Mount St. Helens to bungee jump off the highest bungee bridge in the country. A full 20 stories high, the Bungee Masters' spectacular private bridge is

nestled in a beautiful emerald green forest above a majestic sparkling river. If adrenaline is what you crave, you won't be disappointed. Trip fee includes transportation, two jumps and the coveted Dangerous Sports Club T-shirt. Minimum weight: 90 lbs. Meet at McChord Field's Adventures Unlimited at 8:30 a.m. or the Northwest Adventure Center at Lewis North at 9 a.m.

Indoor rock climbing

July 30: \$15. Head to the Edgeworks Gym in Tacoma for a morning of climbing. Climbing gear, admission and transportation are included, and no experience is required. Meet at the Northwest Adventure Center at Lewis North at 10:30 a.m. or McChord Field's Adventures Unlimited at 10:45 a.m.

Ape cave adventure

July 31: \$35. Travel to Mount St. Helens to explore the largest continuous lava tube in the Western Hemisphere. Go deep into the underside of a 2,000-year-old lava flow to scramble and climb over and under volcanic formations. In this subterranean environment, the average year-round temperature remains a constant 45 degrees, so dress warm. Minimum age 12. Difficulty: Easy. Distance: 3 miles. Elevation gain: 250 feet. Meet at McChord Field's Adventures Unlimited at 7:30 a.m. or the Northwest Adventure Center at Lewis North at 8 a.m.

Mountain biking 101

July 31: \$30. Spend the day learning the basics of mountain biking on this instructional guide designed just for beginners. You'll have plenty of time to work on your newfound skills. Bike, helmet, gloves and transportation are provided.

Meet at McChord Field's Adventures Unlimited at 8:30 a.m. or the Northwest Adventure Center at Lewis North at 9 a.m.

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Tues., July 19 • 5 p.m.
Call 253-982-3454 for more info.

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Every Saturday 6-9 p.m.
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Swim only.

Registration: 253-967-4441

MIDDLE SCHOOL/TEEN SUMMER CAMP 2011

Registration for youth enrolled in the Before-School program is April 1 at Middle School/Teen Program. Open registration begins May 1 at Parent Central Services. Age 12-18 is the target for our weekly camp. For more information, please call 253-967-4441. Triathlon Series is held in July 2011 at Lewis North and May 2012 at McChord Field. JBLMwww.com

ANTHONY SLATER BASKETBALL ACADEMY
Elite Basketball skills training
Aug. 1-3 at the Teen Zone
9-11 a.m. for ages 5-10
1-3 p.m. for ages 11-18

Register through July 29 at Parent Central Services at 253-967-4441. Delegate JBLMwww.com/CYS or 253-967-7056.

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19 WEEK TOURNAMENT
Every Wednesday, through Sept. 14 • Nelson Rec Center
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First Swing YOUTH GOLF CAMPS
This summer, spend some time on the sunny golf course.

There are three sessions to choose from:
Camp 1: June 28-30
Camp 2: July 26-28
Camp 3: Aug. 30-Sept. 1

Open to youth ages 5-15, course are 9:30-11 a.m. Register at Parent Central Services. For more information, call 253-964-7056 or visit JBLMwww.com/CYS.

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100 TARGET 2011 SCHEDULE
Joint Base Lewis-McChord Shotgun Shooting Complex

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Feb. 5	Aug. 6
March 5	Sept. 3
April 2	Oct. 1
May 7	Nov. 5
June 4	Dec. 3

For more information, call the Skeet Range at 253-967-7056. \$35 entry fee

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